



Fall Trips
Pg. 24



NATICK COMMON GUIDE

FALL 2017

*Community Education
and Resources*



**Town of Natick
Community Services
Department**

Municipal News pg 2

Recreation Programs pg 4

Organic Farm pg 18

COMMUNITY CALENDAR



ONGOING

Natick Farmers Market

Providing growers, producers buyers with an opportunity to “reap the harvest” from spring through late fall. Don’t miss it!

Location: Natick Town Common Saturdays 9:00 am to 1:00 pm
<http://www.natickcenter.org/natick-farmers-market>

SEPTEMBER

Natick Days

Join in on Natick’s own all day community celebration, held in downtown Natick. Details of events coming soon in newspapers and the schools virtual back pack. We will be running shuttles from the Natick High School (15 West Street) main parking lot and from the Wilson Middle school (22 Rutledge Road) parking lots. Shuttles will run from 8:30 am to 4:00 pm. Shuttles are free and anyone riding the shuttles will receive 4 tickets each, each ticket is worth \$.25 that can be used towards amusements or food!

Saturday, September 9 • 10:00 am–3:00 pm

Rain Date: Sunday September 10 • 1:00 pm start

16th Annual Harvest Dinner and Auction

A delicious all-local meal like none other! Proceeds to benefit NCOF’s Teen Programming

Fri Sep 22 5:00-9:00 pm

Wellesley College Club, Details & reservations at www.natickfarm.org

DPW Open House and Truck Day

Come check out Natick’s amazing trucks, excavators, fire trucks and more. Free and fun for the whole family.

Saturday, September 23, 10:00 am – 1:00 pm Natick DPW headquarters, 75 West Street

Strengthening our community with PRIDE

Join us for *Coffee and Conversation* - bimonthly

LGBTQ and Allies will explore topics of interest creating inclusivity and respect of our diverse community in and around Natick. Your energy, ideas and stories create our community—please share them with us.

Saturday, Sep 30 9:00-10:30 am

OCTOBER

Brown Bag Lunch with Author & Feng Shui Expert Kerri Miller

Bacon Free Library Sat Oct 11 12:00-1:00 pm Free

2017 Flu Vaccine Clinics

Location: Community-Senior Center

The Natick Board of Health will be holding flu clinics for Natick residents ages 3 and older. Regular and high dose flu shots will be available. Registration forms will be available at: www.natickma.gov/health; the Board of Health Office; Community-Senior Center, Morse

Institute Library, Cole Center; or at the Clinics. For more information, Contact the Board of Health at 508-647-6460. All shots are free of charge; please bring a copy of your health insurance card, if you have one, for reimbursement.

Wed Oct 11 10:00 am-12:00 pm & 5:00–7:00 pm Free

Health Matters

Film and Panel Discussion: Resilience (EDIT OUT IF NO ROOM)

The documentary Resilience delves into the science of Adverse Childhood Experiences and explores a new movement to treat and prevent toxic stress in children. Screening followed by a panel discussion with local experts. Light supper will be served.

Morse Institute Library Mon Oct 16 6:00 pm

Natick Artists Open Studios

Comprised of over 80 artists who live, work or show in Natick. View art, learn about how it is made, and buy directly from the artists.

Sat/Sun October 21, 22 11:00 AM-5:00 PM various locations free to the public. Visit natickcenter.org for more information

Spooktacular

The 18th annual Halloween Party & Trick or Treat parade for ages 3-K Saturday, October 28th, 12:00 pm, Natick Town Common. Rain Date: Sunday the 28th

Field trip to Walden Woods

Registration is required, space is limited.

Sun Oct 29 1:30-4:30 pm \$8 parking (adults)

Check our website for details <http://baconfreelibrary.org/events/>

NOVEMBER

Using Ancestry.com to Research your Family History

Learn how to use this research tool to delve into your family history.

This session is for beginning genealogists. Registration required.

Morse Institute Library Wed Nov 8 7:00 pm

Strengthening our community with PRIDE

Join us for *Coffee and Conversation* - bimonthly

Saturday, Nov 18 from 9:00-10:30 am

Small Business Saturday

A day to celebrate and support small businesses and all they do for their communities. We encourage you to shop at our local merchants and retailers. Natick Center will start off with a day full of events with the Farmers Market, music, merchant specials, and even wine tastings. Saturday, November 25th, 10:00 am, Natick Center

Holiday Lighting on the Common

Join friends and neighbors for this annual holiday ritual; illumination of the Town Common. Sunday, November 26th, 1:00 pm

Friends and Neighbors,

As summer winds down, garden harvests peak, vacations end and fall plans begin to take shape we do hope you'll choose to partake in some of the wonderful activities available to you and your family right here at home.

*Our **Evening and Weekend Classes**, designed for the working adult, abound this season. We invite you to take a yoga class, learn a new language or improve your health through strength training. Check out the offerings on page 16*

Citizens Leadership Academy

The Town of Natick's Citizens Leadership Academy is a 10 week class designed to advance understanding of and participation in local civic affairs. Participants learn about municipal operations, meet and get to know its senior managers and elected officials and make new connections. The program is free of charge and open to all who live or work in Natick. We're currently accepting applications for the fall 2017 session and hope that you'll consider becoming a citizen leader and alum of this most valued initiative. For more information or an application please visit: <http://tiny.cc/6thgcy>

Municipal News

The Town of Natick offers a wide array of services to our residents; from support groups to free CPR training. Check out what's happening this fall on pages 2-3

We'll see you around Natick!

Jemma

Jemma Lambert, Director
Community Services Department

Facility Rentals at the Community Center

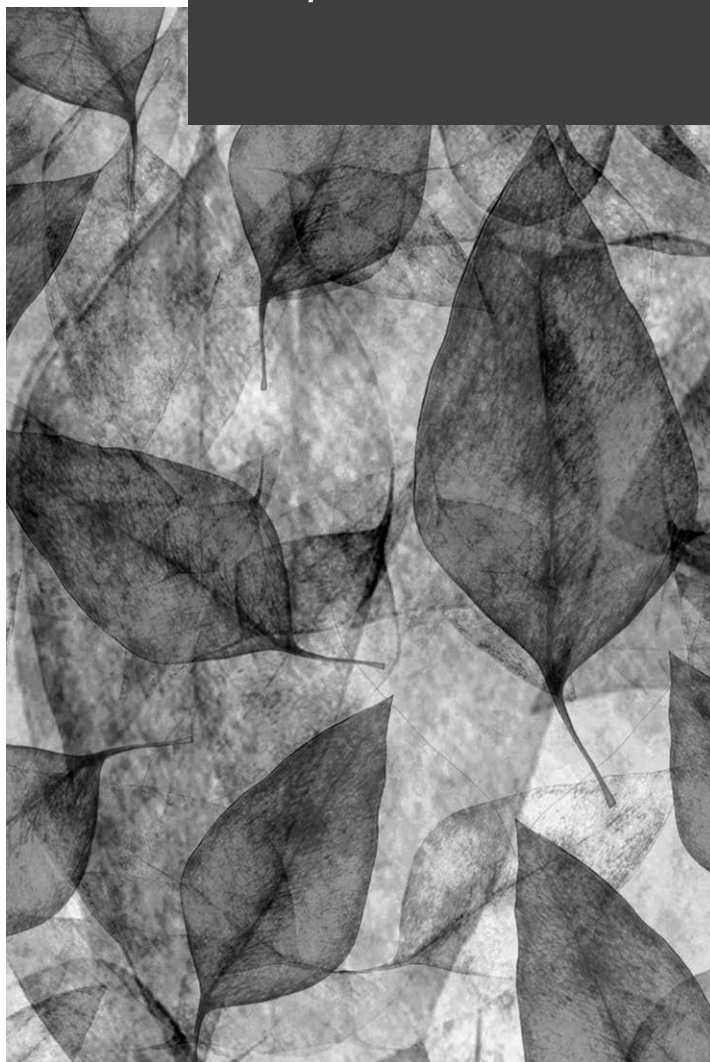
Looking for a meeting room? Need a large space to hold a party or special event? Hoping for some gym time? Your community center has space for rent at very reasonable rates.

- Conference rooms with technology
- Small-medium sized meeting room(s) with or without technology
- Large meeting spaces for meetings, parties or performances
- Certified kitchen
- Full sized gymnasium

For more information or to complete an application visit:
<http://www.natickma.gov/167/Community-Services>

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municipal news & information

CPR CLASSES

Location: Natick Fire Department

Several sessions are scheduled for the fall. All are free and open to the public. For more information or to register email Captain Ron Downing at: rdowning@natickma.org

Wed	Sep 6	3:30-6:00 pm	CPR/AED
Thu	Sep 21	6:30-9:00 pm	CPR/AED
Tue	Oct 3	3:30-6:00 pm	CPR/AED
Wed	Oct 18	6:30-9:00 pm	Basic First Aid only
Wed	Oct 25	6:30-9:00 pm	CPR/AED
Mon	Nov 13	3:30-6:00 pm	CPR/AED
Tue	Nov 28	6:30-9:00 pm	CPR/AED
Mon	Dec 11	6:30-9:00 pm	CPR/AED
Thu	Dec 21	3:30-6:00 pm	CPR/AED

PROPERTY TAX EXEMPTION ASSISTANCE AND PICNIC

Location: Town Hall, Assessors Office

Come join the Assessors staff for a picnic bite and assistance in filling out exemption forms for Fiscal Year 2018. The Assessors staff will be available to answer questions and help fill out paperwork in a private setting. People that currently receive an exemption for their property taxes will have received forms in the mail. Please bring your application and income and asset verification with you. For taxpayers that currently do not receive an exemption, please join us and we can help see if you may qualify for one.

Thu	Sep 7	10:30 am-7:00 pm
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Natick Human Services is offering two programs on the issue of hoarding. These programs will provide information, resources and support for hoarders and those concerned about them. These activities are free and open to the public.



FULL HOUSE: A HOARDER'S JOURNEY

Location: Community-Senior Center

This presentation about hoarding will be led by Ms. Lorraine Gilmore. Ms. Gilmore has the disorder known as compulsive hoarding. She will share her journey of downsizing, and will discuss her struggles and the strategies that helped her.

Wed	Sep 6	1:00-2:00 pm
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RED CROSS BLOOD DRIVE

Location: Community-Senior Center



Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC and setting up an appointment to donate at our next drive.

Mon	Sep 18, Oct 2, Nov 6	2:00-7:00 pm
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BAGELS WITH THE BOS

Location: Community-Senior Center

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu	Sep 28, Oct 26, Nov 16	9:00-10:00 am
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REPRESENTATIVE LINSKY'S OFFICE HOUR

Location: Community-Senior Center

Mon	Sep 11, Oct 16, Nov 13	9:30-10:30 am
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YOUR TOWN GOVERNMENT Q & A

Location: Community-Senior Center

Join Sue Salamoff, Natick Board of Selectmen, in our library café to discuss our Town Government. Come with your questions!

Thu	Sep 14, Oct 12, Nov 9	9:30-10:30 am
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COFFEE AND CURRENT EVENTS

Location: Community-Senior Center

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former state agency Public Information Officer.

Fri	Sep 22, Oct 27, Nov 17	10:00-11:30 am
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SUPPORT GROUPS

HOARDING PEER SUPPORT GROUP

Location: Community-Senior Center

This group will use the book, *Buried in Treasures*, to discuss the most effective ways to address hoarding behaviors. Participants are asked to purchase the book prior to the first meeting.

Beginning September 14, 2017 for 15 weeks 6:00 – 8:00 pm
Call Teri or Debbie at 508-647-6540 for more information.

DIABETES SELF-MANAGEMENT SUPPORT GROUP

Location: Community-Senior Center

Come join us! We offer a diabetes self-help support group that provides social, emotional, and educational support for people affected by diabetes, or caring for a loved one with diabetes. Diabetes is a chronic illness which can leave you feeling isolated or uncertain about what you are experiencing. The advantage of a group is that you will feel less alone. Group members find that their feelings, fears, fantasies, and hopes are shared by others. The group is facilitated by Joan Hill, RD, CDE, LD.

Tue Sep 12, Oct 10, Nov 14 10:00-11:00 am



2017 FLU VACCINE CLINICS

Location: Community-Senior Center

The Natick Board of Health will be holding flu clinics for Natick residents ages 3 and older. Regular and high dose flu shots will be available. Registration forms will be available at: www.natickma.gov/health; the Board of Health Office; Community-Senior Center, Morse Institute Library, Cole Center; or at the Clinics. For more information, Contact the Board of Health at 508-647-6460. All shots are free of charge; please bring a copy of your health insurance card, if you have one, for reimbursement.

Wed Oct 11 10:00 am-12:00 pm & 5:00-7:00 pm

BULKY WASTE COLLECTION DAY

The Natick Council on Aging and Human Services Divisions are partnering with the Department of Public Works to hold a **BULKY WASTE COLLECTION DAY** on Saturday, October 21, 2017. There will be fifty (50) available slots for Natick residents that are age sixty (60) and older who may have difficulty paying the current collection fees. For residents that sign up and are selected to participate in this program, bulky waste will be collected at no charge.

Some of the items that may be collected as part of the Bulky Waste Collection Day include: Air Conditioners, Computer Monitors, Dehumidifiers, Snow Blowers, Windows/Doors, Light Furniture, Toys, Microwaves, Bikes, Gas Grills, Tools, Exercise equipment.

Please refer to the Public Works website for a complete list of acceptable bulky waste items. <http://www.natickma.gov/292/Bulk-Trash-Pickup>

Participants need to have all items placed at the curb by Friday, October 20th. There will be a limited number of volunteers available to assist those participants that need help getting items to the curb. **Please call Teri Checket or Debra Budd at (508) 647-6542 for more information and to sign up for this program.** You will be asked to provide a list of your items.

HANDLING AND DISPOSAL TIPS: UNUSED MEDICATIONS, SHARPS

If you need to dispose of unused and unwanted MEDICATIONS:

- Do not flush them down the toilet or throw them in the trash. Otherwise, medications can end up in our waterways and soil or can be mistakenly eaten by a small child or animal.
- Bring them to the Natick Police Department lobby and place them in the Medication Disposal Kiosk. This kiosk is available 24-7. Remove personal information from medication containers to protect your privacy.
- Items accepted: prescription medications, over-the-counter medications, pet medications, pills, capsules, inhalers, ointments, patches, and liquids in glass or leak proof containers.

SHARPS (Needles and Syringes)

For Natick residents' personal use should be handled only by the user and properly disposed of in the following way:

- Placed in an approved sharps container (no more than one-quart in size) kept at home until the container is ready to be emptied. A one-quart container is available at the Natick Health Department free of charge.
- Containers of used needles should be brought to Natick Town Hall and placed in the Sharps Kiosk in the 2nd floor lobby.
- Do not dispose of sharps in household trash or recycling.

IF YOU FIND A SHARP IN PUBLIC:

- Do not handle it yourself.
- Call 508-647-9500 (the non-emergency police line) to report where a sharp has been found. A Natick police officer will properly collect and dispose of the sharp.

Medication Disposal Kiosk: Natick Police Department Main Lobby,
20 E. Central Street

Sharps Kiosk: Natick Town Hall, 2nd Floor Lobby

Natick Police Department Non-Emergency Line: 508.647.9500

DEPARTMENT OF PUBLIC WORKS ANNUAL OPEN HOUSE

Location: DPW Operations Center, 75 West Street

Bring the whole family down to check out the fire trucks, ambulances, dump trucks, excavators and more! Tour the facility. Visit Natick's bookmobile and watch live demos. Free popcorn and balloons!

Sat Sep 23 10:00 am-1:00 pm

pre-k programs

DANCE PARTY *NEW* (ages 3-4 +)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

A basic ballet and jazz/hip-hop class (age appropriate moves and music) with a different theme each class. Children will learn dance moves, make and/or use a prop and have costume pieces to wear as it becomes a dance party! Children should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (10 wks)

01 Tue Sep 26-Dec 5 10:30-11:20 am \$101

(No class on Nov 21)



DANCE/THEATER (ages 4-5+/pre-k)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

It starts with a story. Through dance, dialogue, drama and comedy of course, the children will tell the story. This class will focus on basic ballet and children's jazz/hip-hop (with age appropriate music), but we will also introduce them to acting and how acting, music and dance together create musical theater. Students should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (10 wks)

01 Wed Sep 27-Dec 6 1:00-2:00 pm \$106

(No class on Nov 22)

F.A.S.T • T-BALL (ages 3-pre k)

Instructor: F.A.S.T Athletics Coaching Staff

Location: Cole Center Field/Gym

All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities. (5 wks)

01 Tue Sep 19-Oct 17 3:00-4:00 pm \$67

FUN WITH MESSY PLAY (ages 1 & 2)

Instructor: Muriel Sypek

Location: Cole Center, 179 Boden Lane

PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles, feathers and more. (8 wks)

01 Wed Oct 4-Dec 6 10:45-11:30 am \$125

(No class on Nov 15 & 22)

INTRO TO DANCE (ages 3 & 4)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

This program provides an introduction to the world of dance. Students will develop gross motor skills, coordination, group skills and self-confidence. Dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (10 wks)

01 Wed Sep 27-Dec 6 12:00-12:45 pm \$101

(No class Nov 22)

JUMP, TUMBLE AND SING (ages 2-4)

Instructor: Muriel Sypek

Location: Cole Center, 179 Boden Lane

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active. (8 wks)

01 Wed Oct 4-Dec 6 9:30-10:15 am \$90

(No class on Nov 15 & 22)

ON MY OWN PLAYGROUP (2-pre-k)

Location: Cole Center, 179 Boden Lane

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: free play, physical play, art, circle time with music, stories and dance. **ATTENTION!!** Playgroup **WILL REGISTER AS A LOTTERY.**

Registration forms and payment are due on August 28 by 5 pm.

Confirmation calls will be made around Sept 1.

- Child must be the proper age on the first day of class.
- Morning classes please bring a snack. Afternoon classes bring a lunch. NO PEANUTS OR NUT PRODUCTS.
- For more information on the program, please read our Parents Manual online at www.natickma.gov/recreation

M1 2-3 YO Mon Sep 11-Dec 11 9:00-11:00 am \$160 (12 wks)

T1 2-3 YO Tue Sep 12-Dec 12 9:00-11:00 am \$170 (13 wks)

T2 3-4 YO Tue Sep 12-Dec 12 11:30 am-2:00 pm \$185 (13 wks)

W1 2-3 YO Wed Sep 13-Dec 13 9:00-11:00 am \$170 (13 wks)

W2 3-4 YO Wed Sep 13-Dec 13 11:30 am-2:00 pm \$185 (13 wks)

Th1 2-3 YO Thu Sep 14-Dec 14 9:00-11:00 am \$160 (12 wks)

Th2 3-4 YO Thu Sep 14-Dec 14 11:30 am-2:00 pm \$175 (12 wks)

F1 2-3 YO Fri Sep 15-Dec 15 9:00-11:00 am \$160 (12 wks)

No class Sep 21, Oct 9, Nov 10, Nov 22-24)

***NEW THIS YEAR. 3 YO can stay from 9:00 am-2:00 pm T, W, Th.

Additional \$55 charge for coverage from 11-11:30 am

Register in person at the Cole Center for lottery by August 28

pre-k programs

SOCCER JUNIORS (ages 3–6)

Instructor: Global Premier Soccer

Location: Monday @ Cole Center Gym

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. GPS has been very involved with the Natick Soccer Club over the last few years. The juniors program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3-6 yr olds. Coach ratio is one coach to 10 players. (7 wks)

01	Mon	Sep 18-Nov 6	2:45-3:45 pm	\$98
02	Mon	Sep 18-Nov 6	3:45-4:45 pm	\$98

(No class Oct 9)

THUNDERCATS MINI SPORTS (ages 4–pre-k)

Instructor: Thundercats Coaching Staff

Location: Cole Center, 179 Boden Lane

A fun program that will have participants playing soccer, basketball, Softee® hockey and other unique games like 'Sponge Bob' tag and 'Finding Nemo'. Emphasis will be on teamwork, hand-eye coordination and fun. (5 wks)

01	Thu	Nov 2-Dec 7	2:45-3:30 pm	\$68
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(No class Nov 23)

TINY TYKES (ages 2–pre k)

Instructor: Challenger Sports

Location: Cole Center, 179 Boden Lane

Mini Kickers Cubs is a fundamental introduction to the game of soccer for players 2 – 5 years of age. Challenger Sports experts and child development professionals have designed an innovative age appropriate curriculum to introduce your young soccer stars to the basic skills needed in soccer as well as their motor, social and psychological skills. Participants receive a ball and uniform (if child already has a uniform, Challenger offers a backpack or Lenny the lion stuffed animal). (5 wks)

01	Tue	Sep 19-Oct 17	11:00 am-12:00 pm	\$75
02	Tue	Sep 19-Oct 17	12:00-1:00 pm	\$75

BIRTHDAY PARTIES AT THE COLE CENTER

- Want to host your party with us?
- Up to 2 hours of party time in our Game Room (Air Hockey, Foos Ball, Skee-ball, TV etc.).
- Up to 1 hour available GYM time (sports, tumbling, bounce house & game equipment included).
- Supervised by 2 recreation staff

Sundays ONLY 12:30-2:30 pm OR 3:30-5:30 pm \$175 2 hours

You supply your own paper goods, cake and refreshments. Rental is space and equipment only. **NOW RESERVE YOUR PARTY ONLINE!**

Reservations Open August 1 at 8:00am.

Register online at www.natickma.gov/recreation

“SPOOKTACULAR” (HALLOWEEN PARTY)

AGES 3 – K

Saturday, October 28

Starts at 12:00 pm

Natick Common

The 19th annual town-wide Halloween Party will take place on the Common. If you're interested in volunteering or making a donation to help out the event, contact Aaron Friedman at 508-647-6530. Look for details on our website, your child's virtual backpack, libraries and in the local papers.



NATICK DAYS

Saturday, September 9 • 10:00 am–3:00 pm

Rain Date: Sunday September 10 • 1:00 pm start

Join in on Natick's own all day community celebration, held in downtown Natick.

Details of events coming soon in newspapers and the schools virtual back pack.

We will be running shuttles from the Natick High School (15 West Street) main parking lot and from the Wilson Middle school (22 Rutledge Road) parking lots.

Shuttles will run from 8:30 am to 4:00 pm. Shuttles are free and anyone riding the shuttles will receive 4 tickets each, each ticket is worth \$.25 that can be used towards amusements or food!

PUBLIC SWIMMING FOR NATICK RESIDENTS

Location: Keefe Tech Pool, 750 Winter Street, Framingham

Natick Recreation and Parks Department in conjunction with the Framingham Parks and Recreation is pleased to provide public swimming at Keefe Technical School Pool on weekends starting September 24. Pool availability may change as the season progresses.

Youth 12 yrs and under must be accompanied by an adult.

For more information and specific dates the pool is available or closed, please call the Framingham Rec. Dept., 508-532-5960.

SNR	Sat	TBA	2:00-3:00pm	FREE
ALL	Sat	TBA	3:00-4:30pm	\$2/child, \$4/adult
ALL	Sun	TBA	2:00-3:00pm	\$2/child, \$4/adult

youth programs

ARCHERY (grades 4 & up)

Instructor: On the Mark Archery Staff

Location: Cole Center, 179 Boden Lane

Learn the focus oriented sport of traditional recurve archery and experience the thrill of success when your arrow strikes the target. This course emphasizes safety, discipline and proper form in a fun environment that enables students to learn more than just the fundamentals of shooting. Our certified USA Archery instructors empower the individual by training their instincts and mindset to concentrate on an objective and zero in on their target. All equipment provided. (4 wks)

01 Mon Sep 25-Oct 23 5:45-6:45 pm \$106

02 Mon Sep 25-Oct 23 6:45-7:45 pm \$106

(No Class Oct 9)



ART • START WITH ART (grades k-2)

Instructor: Christine Van

Location: Cole Center, 179 Boden Lane

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (6 wks)

01 Thu Oct 12-Nov 16 3:45-4:45 pm \$175

ART • START WITH ART (grades 3-5)

Instructor: Christine Van

Location: Cole Center, 179 Boden Lane

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (6 wks)

01 Mon Oct 16-Nov 20 3:45-4:45 pm \$175

BLAST BABY SITTING (grades 6-9)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Cole Center, 179 Boden Lane

Babysitter Lessons and Safety Training Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist to copy for each job. Participants should bring a light snack and drink.

01 Thu Sep 21 3:00-6:00 pm \$43

BRICKS 4 KIDZ:

Plastic-Bricks and Motors Engineering (ages 6-10)

Location: Cole Center, 179 Boden Lane

"Pirates Quest". Pair up with a partner in this hands on workshop to build unique models using Lego Technic Bricks. Models we will build include a motorized pirate ship, catapult, a swinging anchor and more. Easier or more complicated versions of each model are available for different skill levels. (6 wks)

01 Tue Sep 19-Oct 24 4:00-5:00 pm \$100

DO YOU BELIEVE IN MAGIC (ages 8-12)

Instructor: Joe Carota

Location: Cole Center, 179 Boden Lane

Learn the "art" of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick. Joe will have new tricks to learn this time around to expand your knowledge and impress others with. (5wks)

01 Fri Oct 6-Nov 3 3:45-5:00 pm \$110

DROP AND SHOP (GRADES K-4)

Instructor: Recreation Staff

Location: Cole Center, 179 Boden Lane

Make Black Friday into a win-win for everyone. Drop the kids off for the day while you go shopping and they get a fun day of playing Air Hockey, Ping-Pong, Foosball, Making Art Projects, Playing Gym games and much more. A snack and drink will be provided as well as a Pizza Lunch.

01 Fri Nov 24 9:00 am-3:00 pm \$30*
*20 second child, *15 third child

FANTASTIC FRIDAYS (5 & 6 grade)

Instructor: Recreation Staff

Location: Cole Center, 179 Boden Lane

Fantastic Fridays includes a DJ, game room with Air Hockey, Foosball, Skee-ball, Basketball & more. Freeze dance and other games often played. Concessions are for sale as a fundraiser for future activities. Theme Nights include Dodgeball, Movie Night, Sports night, Trivia night. Chaperoned by recreation staff

01 Fri Sep 22 7:00-9:00 pm
02 Fri Oct 13 7:00-9:00 pm
03 Fri Nov 17 7:00-9:00 pm
04 Fri Dec 8 7:00-9:00 pm

No pre-registration necessary. Please pay \$5 at the door.

F.A.S.T FLAG FOOTBALL (grades 2-4)

Instructor: F.A.S.T Athletics Staff

Location: Cole Center Field

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone defense, fourth and inches and the QB Challenge. The F.A.S.T. Coaches will have tons of plays ready to go for their teams! (5 wks)

01 Tue Sep 19-Oct 17 4:00-5:00 pm \$77

youth programs

GIRLS STEAM SQUAD (grades 1-5) **NEW**

Instructor: Wicked Cool For Kids

Location: Cole Center, 179 Boden Lane

Join the STEM to STEAM movement! Engineer and design awesome projects while learning science and math concepts. Construct a kinetic motion-based marble painting, colorful kaleidoscopes, and terrific tessellations. Experiment with air pressure as we dive deep with cartesian divers and make a mini nightlight to light up your space. (6 wks)

01	Tue	Oct 31-Dec 5	4:00-5:00 pm	\$112
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HOME ALONE SAFETY (grades 3-5)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Cole South Field, 179 Boden Lane

Girls and boys learn telephone and door answering techniques, internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

01	Thu	Sep 21	1:00-3:00 pm	\$38
02	Wed	Nov 15	1:00-3:00 pm	\$38

INTRO TO MUSICAL THEATER (grades 1-4)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance to be held on Dec 8. (10 wks)

01	Fri	Sep 22-Dec 8	4:30-6:00 pm	\$125
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(No class Nov 10, Nov 24)

NOTE: Class on Nov 3 will be from 3:30-5:00pm.
Performance on Dec 8 will begin at 5:00pm.



KIDS COOL CHEMISTRY (grades 3-5) **NEW**

Instructor: Wicked Cool For Kids

Location: Cole Center, 179 Boden Lane

Be a cool chemist as we use primary colors to create a rainbow of lime, make amazing magnetized putty, and use the power of pH to find the best formula to polish dirty pennies. Concoct secret sticky formulas to make a superior paste and grow shimmering crystals. Not to be confused with the boring kind of Chemistry. (6 wks)

01	Tue	Sep 19-Oct 24	4:00-5:00 pm	\$112
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LIGHTS ON AFTERSCHOOL (grades 7-12) **NEW**

Instructor: Recreation Staff

Location: Cole Center, 179 Boden Lane

Celebrate the 18th annual **Lights On Afterschool Oct. 26, 2017!** Launched in October 2000, **Lights On Afterschool** is the only nationwide event celebrating afterschool programs and their important role in the lives of children, families and communities. Basketball, air hockey, foosball, open gym, karaoke & more. Drinks, snacks & hot dogs provided.

01	Thu	Oct 26	2:30-6:00 pm	Free
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L.L. BEAN OUTDOOR DISCOVERY SCHOOL (grades 7-10) **NEW**

Instructor: L.L. Bean Outdoor Discovery School Staff / Recreation Chaperones

Location: Meet at Cole Center, transported off site

4 week adventure featuring 2 weeks of Discovery Kayaking on the Historic Dedham Water Trail (all equipment provided) and 2 weeks of Geocaching using GPS to locate modern day treasure. Recreation staff will transport participants to locations where LL Bean instructors will lead programming. Exact times of program each week may vary due to location.

01	Thu	Sep 28-Oct 19	3:00-5:30 pm	\$TBD
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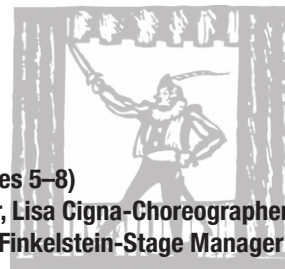
MIDDLE SCHOOL EARLY RELEASE TO ROLLER KINGDOM (grades 5-8)

Instructor: Recreation Staff

Join the Recreation and Parks department as we adventure off to Roller Kingdom for an afternoon of Skating/Blading, Games, food and fun. Trip includes Rental, Slice of Pizza and a Soda, Chaperones and Transportation from Kennedy or Wilson Middle school. Return bus drop-off will be at the Cole Center at 4:30 pm.

01	Wed	Oct 18	11:30 am-4:30 pm	\$42
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Register online at www.natickma.gov/recreation



NATICK DRAMA WORKSHOP (grades 5-8)

Instructors: Cindy Wright-Director, Lisa Cigna-Choreographer, Jane Raithe-Music Director, Deb Finkelstein-Stage Manager

Location: Rehearsals at Cole Center

Location: Shows at Kennedy Middle School, 179 Boden Lane

This program gives children an opportunity to experience and explore theater arts through their participation in a full-length musical production. There will be a mandatory meeting of all parents/guardians at 9:00 am on Saturday September 9 for an overview of our program and to sign up for various volunteer jobs that need to be done. At least one parent or legal guardian must accompany child to audition. Times below are subject to change. Please note below that there may be a special Sunday night rehearsal due to the short schedule (day may be changed). (\$100)

AUDITION Sat Sep 9 9:00 am-12:30 pm

PARENTS Sat Sep 9 9:00 am Mandatory Parent Meeting

REHEARSALS Sat Sep 16-Oct 28 9:00 am-12:30 pm

EXTRA REHEARSAL Sun TBA 6:00-8:30 pm

TECH Sun Oct 29 12:00-5:00 pm Tech Rehearsal

TECH WEEK Mon-Thu Oct 30-Nov 2 5:00-9:00 pm Tech Rehearsals

SHOW Fri-Sun Nov 3, 4 & 5, times are varied during show weekend

Special Note: Each participant is required to raise an additional \$60. Fundraising is managed by the Friends of Natick Drama Workshop, a non-profit organization operating under a Board of Directors. Members of FNDW insure that the production needs of the NDW program are met by organizing parent volunteers. Production needs include communication to cast members and parents via weekly news letter, publicity, set design and construction, costumes, props, ticket sales and refreshments.

youth
programs**OPEN GYM BASKETBALL *NEW* (ages 14+)****Location: Cole Center Gym**

Cole Center Gym is now open to the public when not in use for programming. Open gym passes are FREE and can be obtained at the Cole center during normal business hours. Those under 18 will need a parent to sign the waiver. The waiver can be signed online through community pass or a copy can be downloaded from our website.

PARENTS NIGHT OUT (grade k-4)**Instructor: Recreation Staff****Location: Cole Center, 179 Boden Lane**

Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA certified staff. Cheese pizza, a small snack and juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancellations of reservations must be received at the Recreation Department office by noon the Friday before the event. Multi-child discount: \$6 off for 2nd child, \$12 off for 3rd + child(ren) PER INDIVIDUAL NIGHT REGISTRATION.

01	Sat	Sep 16	5:00-9:00 pm	\$18
02	Sat	Sep 30	5:00-9:00 pm	\$18
03	Sat	Oct 14	5:00-9:00 pm	\$18
04	Sat	Oct 28	5:00-9:00 pm	\$18
05	Sat	Nov 11	5:00-9:00 pm	\$18
06	Sat	Dec 2	5:00-9:00 pm	\$18
07	Sat	Dec 16	5:00-9:00 pm	\$18

Register online; walk-in registration night of event available only if space is available.

PLAY TENNIS AMERICA (grades 3-7)**Instructor: Natick Racquet Club Staff****Location: Natick Racquet Club, 16 Michigan Drive, Natick**

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (\$100, 6 wks)

01	Sun	Sep 17-Oct 29	5:00-6:00 pm	Grades 3 & 4
02	Sun	Sep 17-Oct 29	6:00-7:00 pm	Grades 5-7
03	Sun	Nov 5-Dec 17	5:00-6:00 pm	Grades 3 & 4
04	Sun	Nov 5-Dec 17	6:00-7:00 pm	Grades 5-7

(No class Oct 8, Nov 26)

ROBOTICS/MECHANICS • "PNEUMATIC VEHICLE" (ages 10 & up)**Instructor: Ed Harrow****Location: Cole Center, 179 Boden Lane**

In this hands-on program, we will use compressed air to drive a vehicle using a system of valves and pistons similar in concept to a steam locomotive, but where air is the energy source, not steam. The emphasis in this session is on developing an understanding of complex mechanical systems and understanding the function of valves, pistons and seals in a pneumatic system. Your child will learn troubleshooting skills while having fun. (5 wks)

01	Mon	Oct 16-Nov 13	3:30-5:00 pm	\$150
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SOCIAL SKLZ *NEW* (ages 8-12)**Instructor: Juanita Allen, EMT and CPR & First Aid Instructor****Location: Cole Center, 179 Boden Lane**

In today's fast-paced world, the ways in which we interact are constantly evolving. While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. **socialsklz:-)** equips children and with the vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. This fun, interactive workshop teaches lessons including: greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills. The skills mastered are not only empowering, but build confidence and self-esteem, paving the way to a more fruitful life. The program has been widely touted and featured extensively in the media.

Essential tweenz: In this two hour workshop, tweenz ages 8 to 12 learn social and communication skills in-person and on the phone. Tweenz will gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event.

01	Wed	Nov 15	3:30-5:30 pm	\$75
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SPEED AND ENDURANCE (ages 7-12)**Instructor: Kathy Fleming****Location: Community Senior Center, 117 E. Central Street**

Speed and endurance are two essential qualities that kids need to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Through drills, hill running and working on running form and strength, your athlete will reach to new levels. Bring your running shoes and a water bottle. (\$66, 5 wks)

01	Thu	Sep 28-Oct 26	4:00-4:45 pm	Ages 7-9
02	Thu	Sep 28-Oct 26	4:45-5:30 pm	Ages 9-12

STEM IS FUN FOR KIDS (grades k-2)**Instructor: STEM Instructors****Location: Cole Center, 179 Boden Lane**

Through hands-on activities and STEM, (Science, Technology, Engineering and Math) challenges, children will think, construct, experiment, discover and develop the desire to learn more. Children will explore the use of different tools that enable and emphasize STEM learning. Every class we will learn something new and experience a different kind of fun. All instructors are certified teachers and/or have STEM degrees or backgrounds. (6 wks)

01	Thu	Oct 5-Nov 9	3:30-4:30 pm	\$100
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STORYBOOK THEATRE (ages 5 & 6)**Instructor: Cindy Wright****Location: Cole Center, 179 Boden Lane**

This program provides your child with a fun introduction to theater. By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class. (7 wks)

01	Fri	Sep 15-Oct 27	3:30-4:30 pm	\$90
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youth programs

TEEN AFTERSCHOOL DROP IN *NEW*

Instructor: Recreation Staff

Location: Cole Center, 179 Boden Lane

Teens are invited on Tuesdays and Wednesdays after school to drop-in for free, in our safe and supportive environment to connect with friends, find quiet space for homework, use the gym or just play air hockey and foosball. Staff and volunteers support a structured study space and help with homework. **Snacks are provided.**

01 Tue & Wed Sep 19-Dec 20 2:30-6:00 pm Free
(No program Nov 22)

Special Dates-Extended hours 11:30 am-6:00 pm (Sep 27, Oct 18, Dec 6)

TERRIERS DODGEBALL (grades 2-5)

Instructor: Terriers Dodgeball Staff

Location: Cole Center, 179 Boden Lane

Kids love the fast paced action, throwing, catching and of course dodging balls in this great game. This program will be directed by Terriers Sports, who have run popular youth sports programs for twenty years. Participants will be placed on teams and provided with cool Dodgeball team shirts. Terriers also mix high-energy "arena" music into their sessions, creating an environment that kids love! Cushioned foam balls are used for safety. (5 wks per session)

01 Wed Oct 11-Nov 8 4:30-5:30 pm \$110
02 Wed Nov 15-Dec 13 4:30-5:30 pm \$110

THUNDERCATS MULTI SPORTS (grades k-1)

Instructor: Thundercats Coaching Staff

Location: Cole Center, 179 Boden Lane

Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. Program is co-ed and everyone should wear comfortable clothes, sneakers and bring a water bottle. (5 wks)

01 Thu Nov 2-Dec 7 3:30-4:30 pm \$78
(No class Nov 23)



THUNDERCATS BASKETBALL (grades 2 & 3)

Instructor: Thundercats Coaching Staff

Location: Cole Center, 179 Boden Lane

Participants will learn the fundamental skills of basketball through unique drills, games, trivia and more. Basic skills of dribbling, passing, shooting and defense will be emphasized. Program is co-ed. Please wear sneakers and bring a water bottle. (5 wks)

01 Thu Nov 2-Dec 7 4:30-5:30 pm \$78
(No class Nov 23)

YOUTH THEATER CABARET (grades k-6) *NEW*

Instructor: Cindy Wright & Robby Morse Levy

Location: Rehearsal location TBA

Youth Theater Cabaret is a creative, non-competitive program for children in grades K-6. Each child will be involved in one scene and several musical numbers; each class will include acting, singing and dancing in preparation for our "Cabaret style" performances in March. This is educational in nature and team work is a necessity, but the instructors strive to nurture each child's individual talents and love of theater by creating a positive learning environment. Class times are based on ages and enrollment and subject to adjustment; Sundays: grades K-3, 3:00-4:30 pm and grades 4-6, 3:45-5:30 pm. (14 wks) **Performances will take place on Saturday March 10, 2018 @ 5:00 pm and Sunday March 11 @ 3:00 pm. Dress rehearsals will be scheduled during the week prior to performances.**

01 Sun Nov 12-Mar 11 3:00-5:30 pm \$280
(No class Nov 26, Dec 24, 31 and Feb 18)

WINTER YOUTH BASKETBALL (grades 3-8)

Grade 3-8 teams practice once a week, Monday-Thursday. Teams play a nine game schedule mainly on Saturdays between 9:00 am and 3:30 pm. There will be a special practice/evaluation for 7th graders on a Sunday afternoon, date TBA.

Divisions: 01 Grade 3 & 4 girls, 02 Grade 3 boys, 03 Grade 4 boys, 04 Grade 5 & 6 girls, 05 Grade 5 & 6 boys, 06 Grade 7 & 8 girls, 07 Grade 7 & 8 boys.

FEE: Grades 3-6, \$100 • Grades 7 & 8, \$110 **

** Please note: Due to past scheduling conflicts, Grade 7 & 8 Travel Basketball Players will not be allowed to register for the winter youth recreation basketball program.

***ATTENTION*: COACHES NEEDED: The Recreation Department would like to thank last year's Volunteer Coaches who made the program a great success. If anyone is interested in Coaching, please contact the main office at 508-647-6530 and provide name, address, email and best phone number or you can email Dan Keefe at dkeefe@natickma.org with the same information. We will either email or mail a Coaches packet for you to fill out and get back to us.**

WRESTLING (grades 1-5)

Location: Natick High School

Program stresses fundamentals of wrestling in a structured and safe format regardless of size or weight. Participants wrestle in their own weight class. Included is also the possibility for some fun Saturday matches/jamborees. New Wrestler: \$120, Returning Wrestler: \$90, please be sure to specify uniform size. New wrestler package includes; compression t-shirt, shorts, head gear and a cinch bag. Returning wrestler package includes compression t-shirt and shorts

01 Mon Dec 4-Feb 5 6:00-7:30pm Gr 1 & 2
02 Mon & Thu Nov 30-Feb 8 6:00-7:30pm Gr 3-5

No class Dec 25, 28, Jan 1, Jan 15

adult programs

ARCHERY (ages 15 and up)

Instructor: On the Mark Archery Staff

Location: Cole Center, 179 Boden Lane

Discover recurve archery and experience the empowerment that comes with learning the way of the bow and arrow. The complex details of the shooting form are broken down into simplified steps that are easy to understand and execute. Mastery of the sport takes years, but fundamental success can be found with a focused mind and a determined attitude. All equipment is provided. Beginners and intermediates welcome. (4 wks)

01 Mon Sep 25-Oct 23 7:45-8:45 pm \$106
(No Class Oct 9)

CO-ED ULTIMATE FRISBEE (adults-high school graduate or older)

Location: Kennedy Middle School Field

We play pick-up style games on Saturday afternoons. It is all about the fun and the exercise. (7 wks)

01 Sat Sep 16-Nov 4 4:00-6:00 pm \$20/resident
(No Class Oct 7) \$40/nonresident

CO-ED VOLLEYBALL (ages high school graduate and older)

Location: Community Senior Center

Players must be out of high school. Participants will play pick-up volleyball with the teams different each week. (13 wks)

01 Wed Sep 20-Dec 20 6:30-8:30pm \$62
(No class Nov 22)



DANCE EXERCISE (adults)

Instructor: Judy Forman and Helen Thomas

Location: Cole Center Gym

Looking for Cardio? Check. Looking for strengthening? Check. Love great music? Check. Sounds to me like you found your class, come and join the fun. (13 wks)

01 Tue & Thu Sep 12-Dec 14 6:15-7:15 pm \$150/2 nights
\$95/1 night

FIRST AID AND CPR CERTIFICATION (18+ years old)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor

Location: Cole Center, 179 Boden Lane

This American Heart Association course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Six modules are covered; First-Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, Pediatric CPR. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

01 Wed Sep 27 6:00-9:00 pm \$68
02 Wed Nov 15 6:00-9:00 pm \$68

MEN'S OVER 50 BASKETBALL (adults, ages 50 & up)

Location: Community Senior Center Gym

Pick-up game format will be used, pre-registration is a must. (14 wks)

01 Tue Sep 19-Dec 19 7:00-8:30pm \$52

MEN'S OVER 30 BASKETBALL (adults, ages 30 & up)

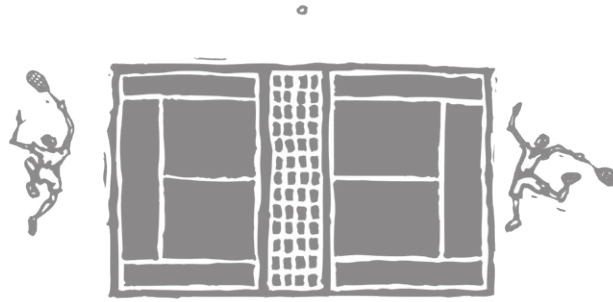
Location: Kennedy Middle School Gym (13 wks)

Pick-up game format will be used, pre-registration is a must.

01 Tue Sep 19-Dec 19 7:00-8:30pm \$49
(No Class Oct 31)

Location: Community Senior Center Gym (13 wks)

02 Thu Sep 14-Dec 21 7:00-8:30pm \$46
(No class Sep 21, Nov 23)



PLAY TENNIS AMERICA (ages 15 and up)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (6 wks)

01 Sun Sep 17-Oct 29 7:00-8:00 pm \$100
02 Sun Nov 5-Dec 17 7:00-8:00 pm \$100
(No class Oct 8, Nov 26)

TAI CHI • BEGINNING & ADVANCED (adults)

Instructor: Jon Woodward, Certified Tai Chi Instructor

Location: East School Gym, 90 Oak Street, Natick

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements-connecting the mind and body! (10 wks)

DEMO NIGHT Mon Sep 18 7:00-8:00 pm Free
Beg Mon Sep 25-Dec 4 6:30-7:30 pm \$85
Adv Mon Sep 25-Dec 4 7:45-8:45 pm \$85
(No class Oct 9)

WOMEN'S OPEN GYM BASKETBALL

(adults – high school graduate or older)

Location: Kennedy Middle School Gym

Pick-up game format will be used, pre-registration is a must. (9 wks)

01 Wed Sep 20-Nov 15 7:00-8:30pm \$37

skyline

adaptive programs

Serving the Natick Community and surrounding towns with adaptive and inclusive programs for individuals with special needs.

SPECTACULAR SATURDAY'S (teens and adults)

Location: Various locations

This 9 week program is an all day event that Skyline has been hosting for many years. You can pick one program or all day. You may only choose one program from each time slot and choices are for all 9 weeks.

Sat Sep 23-Dec 2
(No class Oct 7 and Nov 25)

COSMIC BOWLING (teens and adults)

Location: Ryan's Family Amusements 1170 Main Street, Millis

Start your day off right with the whole gang by striking down the pins in Millis.

01 Sat Sep 23-Dec 2 9:15-10:45 am \$89
(No class Oct 7 and Nov 25)

ZUMBA WITH JAYNE (teens and adults)

Instructor: Jayne Carney

Location: Community Senior Center

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

2A Sat Sep 23-Dec 2 11:15 am-12:15 pm \$88
(No class Oct 7 and Nov 25)

KARATE (teens and adults)

Location: Villari's Martial Arts

Learn the principles of self-defense through breathing, movement and practice.

2B Sat Sep 23-Dec 2 11:30 am-12:15 pm \$88
(No class Oct 7 and Nov 25)

FUN WITH ART (teens and adults)

Location: Cole Center, 179 Boden Lane

Use your imagination and explore many ways to have fun with art.

2C Sat Sep 23-Dec 2 11:15 am-12:15 pm \$89
4A Sat Sep 23-Dec 2 2:00-3:00 pm \$89
(No class Oct 7 and Nov 25)

SATURDAY'S LUNCH BUNCH (teens and adults)

Location: Various locations

Join us for lunch as we visit local lunch spots to fuel up before our afternoon programs..

03 Sat Sep 23-Dec 2 12:45-1:45 pm At least \$10/wk
(No class Oct 7 and Nov 25)

DANCE (teens and adults)

Instructor: Nancy Kelley

Location: Nancy Kelley Dance Studio, 7 Pond St, Natick

Come join in on the fun and learn popular dance moves to catchy songs. (Transportation to the Cole Center after class)

4B Sat Sep 23-Dec 2 2:15-3:00 pm \$88
(No class Oct 7 and Nov 25)

SPECTACULAR SATURDAY'S TRANSPORTATION (teens and adults)

Location: Various locations

Transportation is provided for all Spectacular Saturday activities. Starting from the Cole Center at 8:45 am to bowling, then to zumba/ Karate/art, continuing to lunch, and either art or dance. The bus will return to the Cole Center after dance. There are limited seats on the bus so there is only room on the bus for the designated programs you are specifically signed up for.

05 Sat Sep 23-Dec 2 \$32
(No class Oct 7 and Nov 25)

COFFEE HOUSE (teens and adults)

Location: Cole Center, 179 Boden Lane

Belt out your favorite song at Karaoke with friends. Pizza, drinks, and dessert/fruit will be available throughout the night.

01 Fri Sep 15 5:30-9:00 pm \$20
02 Fri Nov 10 5:30-9:00 pm \$20
03 Fri Dec 1 5:30-9:00 pm \$20



skyline adaptive programs

DINNER, MOVIE AND GAMES (teens and adults)

Location: Cole Center, 179 Boden Lane

Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

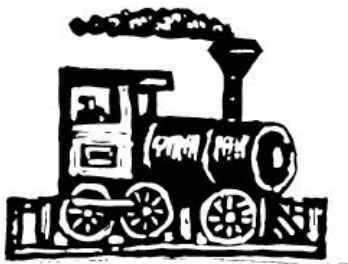
01	Fri	Sep 29	5:30-9:00 pm	\$20
02	Fri	Oct 20	5:30-9:00 pm	\$20
03	Fri	Nov 3	5:30-9:00 pm	\$20
04	Fri	Dec 15	5:30-9:00 pm	\$20

HALLOWEEN DANCE (teens and adults)

Location: Cole Center, 179 Boden Lane

This program is put on by PATH and they have their own registration process.

01	Fri	Oct 27	6:00-9:00 pm	\$10
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EDAVILLE RAILROAD (teens and adults)

Location: Meet at the Cole Center, 179 Boden Lane

A day of rides and adventure as we explore all Edaville has to offer. From the popular Edaville train, exploring Cran Central, Thomas land and Dino Land. We will be enjoying lunch at the park (included in fee).

01	Sun	Sep 24	10:00 am-5:00 pm	\$93
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ENCHANTED VILLAGE (teens and adults)

Location: Meet at the Cole Center, 179 Boden Lane

Tis the season to experience the famous Enchanted Village. Come see the signs lights and all the excitement. Lunch is included.

01	Sun	Dec 3	9:30 am-4:00 pm	\$73
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FALL FESTIVAL- WEST END CREAMERY (teens and adults)

Location: Meet at the Cole Center, 179 Boden Lane

Jump into Fall with a festival of Fun from Mini Golf, Corn Maze, Cow Train, pick your own pumpkins and so much more! Lunch and of course ice-cream from the West end Creamery is included.

01	Sun	Oct 15	11:00 am-5:00 pm	\$86
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STRETCH WHAT MATTERS YOGA (13 and up)

Instructor: Stretch What Matters Instructor

Location: Roots & Wings, 317 North Main Street, Natick

This class is for all abilities. Yoga is the perfect way to end a Tuesday night. Students who benefit from additional support are welcomed to participate with no extra cost. (7 Weeks)

01	Tue	Sep 12-Oct 24	4:45-5:45 pm	\$150
02	Tue	Nov 7-Dec 19	4:45-5:45 pm	\$150

TICKET TO ADVENTURE (teens and adults)

Location: Meet at the Cole Center, 179 Boden Lane

Enjoy 6 Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends.

01	Sat	9/9, 9/23, 10/7, 10/21, 11/4, 11/18	5:30-10:30 pm	\$260
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WEEKEND WARRIERS (teens and adults)

Location: Cole Center, 179 Boden Lane

It's easy to get off the couch on Friday nights with these fun activities. Enjoy Friday nights out with different events in the surrounding towns. Time is subject to change. The times and activities will be released closer to registration time. Here are the dates and prices.

01	Fri	Sep 22	TBD	\$25
02	Fri	Oct 13	TBD	\$25
03	Fri	Nov 10	TBD	\$25
04	Fri	Dec 8	TBD	\$25

adult daytime at the CSC

YL THE YEARN TO LEARN CARD!

Try our YEARN TO LEARN CARD! Purchase an electronic 'card' at our front desk for either \$15 for 5 classes or \$30 for 10 classes--or just \$3 a class!--and work just like our exercise cards. Purchase a card and save time when checking in at the front desk! Classes will change, so keep checking in to see what's next!

YL BRAIN EXERCISES- MATH WORKOUT FOR EVERYONE

Join Swati Dave, our resident computer teacher and expert as she leads this FUN class in math exercises that will help you keep your brain active, sharp and enjoying yourself—really!

Tue Oct 17 2:30-3:30 pm \$3; use your Yearn to Learn Card



YL ELVIS TO THE EVERLY BROTHERS

Elvis to the Everly Brothers is an upbeat music program that includes many memorable singable (and danceable!) rock and pop hits from the 1950s. The program may also include some classic country from greats like Willie Nelson and Patsy Cline, yodeling included! The program will be performed on acoustic guitar, banjo, mandolin and harmonica. The audience will be invited to sing, dance and play Latin percussion instruments. Requests welcome!

This program is supported in part by a grant from the Natick Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Mon Oct 16 2:30-3:30 pm \$3; use your Yearn to Learn Card

YL GREAT COURSES: MUSIC AS A MIRROR OF HISTORY

Great Courses DVD lecture series continues with Professor Robert Greenberg of San Francisco Performances who presents a fascinating and provocative premise: Despite the abstractness and the universality of music—and our habit of listening to it divorced from any historical context—music is a “mirror” of the historical setting in which it was created. Music lovers and history enthusiasts alike will be enthralled by this exploration of how momentous compositions have responded to—and inspired—pivotal events. This is a 45 minute-long lecture for 24 weeks on DVDs. Please note: lectures are stand alone; come to 1, some or all! *No class on Nov 10 and 24.*

Tue & Fri Sep 5-Dec 1 11:30 am-12:30 pm
\$3; use your Yearn to Learn Card

YL OPERA APPRECIATION SERIES

Opera is back! This drop-in course will be guided by Ron Williams, an award-winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including San Francisco Spring Opera and Michigan Opera. He sang in the world premiere of “The Last Leaf” with Opera San Jose. *No class on Nov 10.*

Fri Sep 15-Dec 15 10:30 am-1:00 pm
\$3; use your Yearn to Learn Card

TED TALKS – DISCUSSION GROUP

This is a casual group that enjoys TED (Technology, Entertainment and Design) Talks. This is not a debate group, but rather a collection of courteous individuals who aspire to learn more about their world. Call the Center for a more complete description of the TED Talk.

Thu Sep 14, Oct 12, Nov 9 11:00 am-12:00 pm Free

Topic for Sept: *Can We Create New Senses for Humans – David Eagleman*

Topic for Oct: *Where is Cybercrime Really Coming From? – Caleb Barlow*

Topic for Nov: *The Future of Money – Neha Narula*



SENIOR LEARNING NETWORK PROGRAM

Exciting monthly programs provide you with the experience to talk to presenters live and virtually from across the country and around the world! Please join us!

JOHN ROBERTSON MABEN & THE SEARCH FOR CALIFORNIA GOLD!

In 1849, John Robertson Maben traveled to California in search of gold. In a series of thirteen letters, Maben describes his travels to his wife, Sarah. These letters are especially vivid as Maben was witness to events both momentous and mundane. He wrote of the cholera epidemic and the great St. Louis fire both in 1849, and the excitement and brutality of the California gold fields. In this program, participants will join Maben on his journey, interpreting his letters, tracing his travels on a nineteenth-century map, and examining the landscape.

Thu Sep 14 1:30-2:30 pm Free

THE HOMESTEAD ACT OF 1862

The Homestead Act of 1862 impacted the United States in numerous ways. In this virtual lesson a Park Ranger will talk about how the Homestead Act of 1862 populated the west and the needs of those settling. Discussion includes how the United States acquired the land given away and the specific requirements to claim one's free land.

Thu Oct 12 1:30-2:30 pm Free

AMERICAN INDIANS

American Indians are part of the past, present, and future of the United States. Explore histories and cultures of some American Indians as captured by both Native and non-Native artists. Discuss the influence of geography, tradition, and tribal affiliation on contemporary Indian artists. Presenters engage with participants as they explore artworks together.

Thu Nov date TBA: call Center 1:30-2:30 pm Free

ONLINE SAFETY AND SECURITY

With Internet hacks and cyber security in the news daily, it can be challenging to feel secure online. Dave Bartos from the Morse Institute will give an overview of some of the steps you can take to lead a more secure online life at your computer and on the go with smart phones and tablets. We'll look at online shopping, strong password creation, security programs and apps, safe Internet browsing, and best practices for your daily use.

Mon Sep 18 1:30 -2:30 pm Free

adult daytime at the CSC

BOOKGROUP AT CSC- FICTION AND NON-FICTION HISTORY

Join a representative from the Bacon Free Library for a fun book discussion on these historical books including both fiction and non-fiction. All are welcome to join whether you have a chance to read the book or not!

Tue Sep 19, Oct 17, Nov 21 1:00-2:00 pm Free

Book selections will be:

September: *Founding Mothers* by Cokie Roberts

October: *In the Heart of the Sea* by Nathaniel Philbrick

November: *Thanksgiving: The Biography of an American Holiday* by James W. Baker

December: *At Home* by Bill Bryson

GARY HYLANDER PRESIDENTIAL TALK SERIES

JOHN AND ABIGAIL ADAMS: AN AMERICAN STORY

Both John and Abigail Adams played important roles in the many pivotal events of their era. He was a key figure in the Continental Congress and later wartime emissary to France; she was an important eyewitness reporter during the siege of Boston and in John's absence left alone to raise the family and manage the farm. After the Revolution, John and Abigail were deeply caught up in the political turmoil and of 1790s, which almost pulled the new nation apart. Sponsored by Eliot Center for Health & Rehabilitation. *Space limited; pre-registration required.*

Mon Sep 25 2:30-3:30 pm Free

THE LINCOLNS AT HOME

Join us as we discuss the life and times of Abraham and Mary Todd Lincoln as they worked to raise a family in the White House and manage the Union's war effort against the Confederacy. President Lincoln was a dedicated though often a busy and distracted family man, while Mrs. Lincoln endured a whispering campaign over her loyalty to the Union as well as coping with deep personal and medical issues. Sponsored by Eliot Center for Health & Rehabilitation. *Space limited; pre-registration required.*

Fri Oct 6 2:30-3:30 pm Free

THE HOMESTEAD ACT OF 1862

The Homestead Act of 1862 impacted the United States in numerous ways. In this virtual lesson a Park Ranger will talk about how the Homestead Act of 1862 populated the west and the needs of those settling. Discussion includes how the United States acquired the land given away and the specific requirements to claim one's free land

Thu Oct 12 1:30-2:30 pm Free

INTERMEDIATE BRIDGE CONTINUES! WITH ROBERT BAUM

If you are comfortable with the basics and want to improve your game, Intermediate bridge is for you. A fun and friendly group learns and practices the next level of the game including negative doubles, new minor forcing, defensive carding, opening leads and much more. Sessions include instruction and discussion followed by play where questions are encouraged. If you enjoy the challenge of bridge and want to get better, join us.

Tue Sep 26-Nov 14 3:00-5:00 pm \$100 for 8-class session

ISSUES WITH AGING EYES - 2 DIFFERENT SESSIONS

Dr. Stephen Anesi from the MA Eye Research and Surgery Institution will offer an interactive discussion about cataracts: their causes, symptoms & treatments.

01 Tue Sep 26 1:30-2:30 pm Free

Dr. Peter Chang from the MA Eye Research and Surgery Institution will offer an interactive discussion about Macular Degeneration- symptoms and options.

02 Thu Sep 28 1:30-2:30 pm Free

CARE GIVING FOR LOVED ONES WITH ALZHEIMER'S

Join us for this six-week session to gain tools to care for loved ones with Alzheimer's. This program is designed for people who are actively caring for a loved-one with Alzheimer's disease or dementia-related illness. Focus is on building knowledge about the disease and skills needed for effective caregiving, getting support, and practicing self-care. Class size will be between 8-12 people; class may be cancelled if minimum is not met, therefore, **pre-registration is required.**

Wed Oct 4- Nov 8 2:00-4:00 pm Free

SLEEPING WELL:

TIPS FOR A BETTER SLEEP WITH ROBB WEBB, RPSGT, RST

With Sleep Lab Manager, MetroWest Sleep Disorders Center, MetroWest Medical Center.

Do you chronically have trouble getting a good night's rest? Do you wake up feeling un-refreshed? An estimated 50-70 million US adults have sleep or wakefulness disorders. Join Robb as he talks about the causes of sleep difficulties, treatments/procedures, and how to identify them- helping you get back on track with a healthier life!

Wed Oct 18 1:30-2:30 pm Free

ETHICS AND ISSUES IN A CHANGING WORLD

Join us for a 90-minute, participative, thought-provoking seminar on morals, shared values and doing the "right thing." Our presenter, Gerald Bruder, will encourage the audience to examine the concepts of right and wrong in a motivational and entertaining way. It's more complicated than you think!

Thu Oct 19 2:30-4:00 pm Free

LEARN HOW TO PROTECT YOUR ASSETS

Are you afraid of the nursing home taking your home? Join Julie McQuade Ladimer, Elder Law Attorney, to learn how to protect your assets in the event you need long term care in a nursing home.

Mon Oct 23 2:30-3:30 pm Free

Happy Anniversary! The Community-Senior Center is celebrating our 5th Anniversary in our great new digs! Join us to kick off our Open House week on Monday, October 23 with cake at 1:00 pm in our library café!

adult daytime at the CSC

PAIN MANAGEMENT FOR OLDER ADULTS

Join Dr. Paul Arnstein as he talks about pain management for older adults, including: How to talk to your doctor; safe use of effective pain medications; possible harms linked to long-term medication use; drug interactions with foods or nutritional supplements, drugs, and diseases; non-drug options that control pain. Dr. Paul Arnstein is the Clinical Nurse Specialist for Pain Relief at Massachusetts General Hospital.

Wed Oct 25 2:00-3:00 pm Free

STRENGTHENING OUR COMMUNITY WITH PRIDE

Join us for *Coffee and Conversation* - bimonthly

LGBTQ and Allies will explore topics of interest—creating inclusivity and respect of our diverse community in and around Natick. Your energy, ideas and stories create our community—please share them with us. We will be meeting on Saturday, Sep 30 and Nov 18 from 9:00-10:30 am.

Save the Date! Hope you can join us on November 16 at 3:00 pm for our 9th Annual Slice of Pie event here at the CSC! Join us for great pie, coffee and tea, music and fun!

COMPUTER LAB

Instructors: Tom Swan & Ray Berggren

Drop-in, first come, first served with your computer questions

Mon & Fri	9:00 am-noon	ongoing	Free
Tue, Wed, Thu	1:00-3:00 pm	ongoing	Free

COMMUNITY CONNECTIONS - SENIOR CENTER WITHOUT WALLS

This program is offered via telephone for seniors unable to travel to the Community-Senior Center. The goal is to connect them with a social network as well as senior center activities from the comfort of their own home and create new friendships! Calls last 30, 45 or 60 minutes on topics ranging from current events, trivia, stories, coffee break, arm chair travel (ex. learn about other countries and their people) as well as topics identified by the callers. The calls are led by volunteers who share their skills, expertise and interests with the callers. Pre-printed step by step and easy to read dial-in instructions will be provided. It is as easy as dialing a telephone number and a six digit code! To participate or request additional information, please call Mindy Goldstein at 508-647-6540 extension 1919. This program is made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.

When visiting the center consider **staying for lunch**. Three options are available from 11:00 am-2:00 pm in the Great Room. The Lincoln Café, operated by The Friends of the Natick Senior Center, features soups, salads, sandwiches and daily specials. Meet & Potatoes, a program of BayPath, serves a hot, complete entrée for those who prefer their main meal in the afternoon or BYOL: Bring Your Own Lunch!



The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER Pneumatic weight machines, and free weights. To join you must complete an orientation session, which you can sign up for at the front desk at the CSC. Fitness room hours are Mon-Fri from 7:30 am-8:00 pm and Sat 8:30 am-12:30 pm.

SMALL GROUP PERSONAL FITNESS

Instructor: Fitness Together Staff

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month.

Pre-registration is required for ALL small group classes. Preference will be given to Natick residents.

Class start date	Natick residents	Non-Natick residents
Sep 28 classes	Sep 14	Sep 21
Oct 26 classes	Oct 12	Oct 19
Nov 28 classes	Nov 14	Nov 21

Price per 8 session class

Tue & Thu	Sep 28-Oct 24	10:00-11:00 am	\$100 per session
Tue & Thu	Sep 28-Oct 24	11:00 am-12:00 pm	\$100 per session
Tue & Thu	Oct 26-Nov 21	10:00-11:00am	\$100 per session
Tue & Thu	Oct 26-Nov 21	11:00 am-12:00 pm	\$100 per session
Tue & Thu	Nov 28-Dec 21	10:00-11:00 am	\$100 per session
Tue & Thu	Nov 28-Dec 21	11:00 am-12:00 pm	\$100 per session

SMALL GROUP PERSONAL TRAINING - EVENING

Price per 8 session class

Tue & Thu	Sep 28-Oct 24	7:00-8:00 pm	\$100 per session
Tue & Thu	Oct 26-Nov 21	7:00-8:00 pm	\$100 per session
Tue & Thu	Nov 28-Dec 21	7:00-8:00 pm	\$100 per session

Register online at <https://register.communitypass.net/natick> with credit card, or call the CSC at 508-647-6540 if you want to pay cash, check: payable to 'Town of Natick'. Registration fee due upon registration.

WEEKLY EXERCISE PROGRAMS AT THE CSC

Chair Yoga:	Mondays	10:00-11:00 am
Chair Aerobics:	Tues at 11:15am-12:15 pm, Wed & Fri 11:00 am-noon	
Line Dancing:	Wednesdays	12:00-1:00 pm
Muscle Building: Advanced Band Exercises:	Tues and Thurs	10:00-11:00 am
Low to Moderate Band Exercises:	Tues and Thurs	11:00 am-noon
Evening Muscle Building:	Tues and Thurs	5:30-6:30 pm
Strength Training:	Fridays	10:00-11:00 am
T'ai Chi:	Fridays	11:15 am-12:15 pm
Yoga:	Tues at 3:00-4:15 pm & Fri 2:15-3:30 pm	
Zumba:	Mondays	11:30 am-12:30 pm
Cost: \$3.00 per class or purchase \$15 or \$30 multi-exercise card		

weekend/evening adult classes

All classes take place at the
Natick Community-Senior Center, 117 East Central Street.

Register online at: <https://register.communitypass.net/Natick>
or in person at the Community Center.

BODY: FIT BODY BOOTCAMP (all levels)

Instructor: Charlene Harper

Train to get into the best shape of your life with this veteran exercise instructor. Learn an energetic fitness program with a special focus on developing a strong core. The first forty-five minutes will be primarily outside activities (weather permitting) and the last fifteen will involve a jog and cool down exercises in the gym. Couples and singles welcome

01	Sat	Sep 16-Oct 21	9:00-10:00 am	\$75/6 wks
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BODY: STRENGTH AND STRETCH (beginner-intermediate)

Instructor: Charlene Harper

Learn to go from 'couch potato' to 'strong and fit.' This veteran exercise instructor will teach you all the key exercises and routines that you'll need to get on track with your fitness regime. Learn the fundamentals of strength training with a special focus on developing a strong core.

01	Sat	Sep 16-Oct 21	10:00-11:00 am	\$75/6 wks
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BOLLYWOOD DANCING (beginners)

Instructor: Archana Menon

Learn the fun and energetic style of modern Indian dance based on the classical dance and music tradition of Bollywood. Not for the faint of heart as we'll be moving around a lot. Wear comfy clothing, bring water, and be prepared to dance like a Bollywood star!

01	Tue	Sep 12-Oct 31	7:30-8:30 pm	\$80/8 wks
02	Tue	Nov 7-Dec 12	7:30-8:30 pm	\$60/6 wks

CHESS (beginners)

Instructor: Cornel Osadza

Learn chess from a nationally ranked player with 50+ years experience! Intended for those who have little, or no, knowledge of chess. Each class session will be divided into two parts: a lecture of approximately thirty minutes, followed by 30 minutes of playing with fellow students or the instructor. The course will begin with an introduction to how the pieces move. When students are comfortable with piece movement (especially with castling and en passant), lectures will turn to the general strategy of playing a game and the basic tactics used to implement that strategy. No equipment necessary. (Limited to 12)

01	Wed	Sep 6-Oct 25	7:30-8:30 pm	\$80/8wks
02	Wed	Nov 1, 8, 15, & 29	7:30-8:30 pm	\$40/4wks

CARDIO HULA HOOP DANCING (all levels)

Instructor: Kat 'Wildkat' Suwalski, master trainer

Learn the fun and fundamental techniques of this low impact fitness regime and progress into learning fluid dance moves and routines. Spinning is a low intensity aerobic workout that is fun and a great workout. We'll gain flexibility and tone up while hooping to some great tunes! Wear comfy clothes, bring a water bottle, towel, and bring your own fitness hoop or buy a professional grade hoop from the instructor for \$35.

01	Sat	Sep16-Nov4	8:00-9:00 am	\$60/6 wks
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(No classes on Sep 30 and Oct 28)

CONVERSATIONAL ITALIAN (beginners)

Instructor: Carla Peretto

What better way to get ready for a trip to Italy than by studying basic Italian? In this small group learn useful phrases, practice pronunciation, and have fun with learning to order from a menu or ask directions.

01	Mon	Sep 11-Oct 30	6:00-7:30 pm	\$120/8wks
02	Mon	Nov 13-Dec 18	6:00-7:30 pm	\$90/6wks

DANCING: EAST COAST SWING (all levels)

Instructor: Betty Hood

Have fun while dancing to the big band sounds from the jazz age plus rock and roll. Learn this dance style that originated in the U.S. and will be useful at social functions. Both single-step and triple-step timing will be taught. Please wear shoes that allow you to turn - no rubber soles. Couples and singles welcome.

01	Fri	Nov 3-Dec 15	5:30-6:30 pm	\$60/6 wks
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(No classe on Nov 24)

DANCING: FOX TROT (all levels)

Instructor: Betty Hood

Whether you're getting ready to go a wedding, reunion, or a ballroom, or just want to have fun and get some exercise, this is a great class to learn some basics. We'll dance to Frank Sinatra-type music, plus a slower-tempo style. Please wear shoes with good support that allow you to glide and turn - no rubber soles. Couples and singles are welcome.

01	Fri	Sep 15-Oct 13	5:30-6:30 pm	\$50/5 wks
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MAHJONG (beginner)

Instructor: Vicki Teneick

It's known as 'the game of a thousand intelligences.' In this beginner class you will learn the fundamentals of this ancient Chinese game played with tiles. No equipment necessary. (Limited to 12)

01	Sat	Sep 16-Oct 21	10-11:30 am	\$90/6 wks
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MUSIC APPRECIATION (all levels)

Instructor: Ron Williams

In just four weeks, you'll go on a whirlwind tour of opera, classical, and jazz music. Natick is proud to offer this new class that will be taught by the nationally recognized opera master Ron Williams. Come to get a better understanding of how to listen, discuss, and evaluate different genres and learn about how to listen more discriminatingly to music.

01	Thu	Oct 12, 19, 26, and Nov 2	7:00- 9:00 pm	\$80/4 wks
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TAP DANCING (beginner-intermediate)

Instructor: Susan Craver

Find your rhythm and learn to dance to peppy numbers LIKE TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, and bring a bottle of water and a towel. Students must purchase tap shoes in advance

01	Inter: Tue	Sep 12-Oct 31	4:30-5:15 pm	\$80/8 wks
02	Beg: Tue	Sep 12-Oct 31	5:30-6:15 pm	\$80/8 wks
03	Inter: Tue	Nov 14-Dec12	4:30-5:15 pm	\$50/5 wks
04	Beg: Tue	Nov 14-Dec12	5:30-6:15 pm	\$50/5 wks

weekend/evening adult classes

WATERCOLORS: PAINTING LANDSCAPES (beginner)

Instructor: Beth Fagan

This class is for the novice who wants to try painting with transparent watercolors and learn about color relationships. Each class will be divided into three parts: artist presentations and discussion, technique demonstration, and class participation. We'll begin by viewing slides of leading watercolorists' paintings. For the next hour learn how to mix colors, create washes and different textures and start painting. Bring a postcard or picture of a landscape to paint and bring your own supplies. A suggested supply list will be available at registration.

01 Wed Sep 13-Oct 18 5:30-6:45 pm \$90/6wks

YOGA: MINDFUL HATHA (all levels)

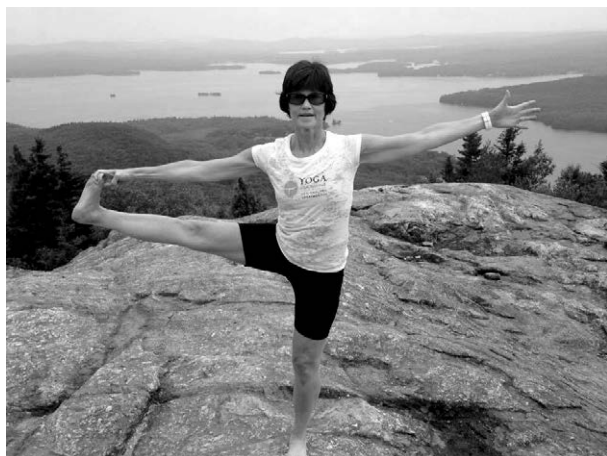
Instructor: Ann Masse

Join us for a gentler style that focuses on deep breathing and proper alignment while you move slower and more mindfully through your practice. This class allows you to become familiar with the asana (postures) and explore different breath techniques as you become more comfortable with where you are in your own practice. All levels welcome.

01 Thu Sep 14-Nov 2 5:30- 6:30 pm \$80/8 wks

02 Thu Nov 9-Dec 21 5:30- 6:30 pm \$60/6 wks

(No classes on Nov 23)



YOGA: MINDFUL SLOW (all levels)

Instructor: Ann Masse

A slower rhythm yoga practice with longer held poses to allow deeper focus on alignment, mindfulness, deep stretch, flexibility, balance, and whole body strength. Always ending with a satisfyingly sweet savasana.

01 Thu Sep 14-Nov 2 6:45- 7:45 pm \$80/8 wks

02 Thu Nov 9-Dec 21 6:45- 7:45 pm \$60/6 wks

(No classes on Nov 23)

NOTE: Let us know if there's a particular class you'd like our department to add send an email to bfagan@natickma.org.

NATICK 2030+ **Comprehensive Master Plan**

Your Town, Your Voice
Help Plan the Road to Natick's Future

62% of the NATICK 2030+ online survey respondents selected Town Services & Facilities as a key priority.

Make sure that your voice is heard as we shape Natick's future by attending community events, taking part in surveys, and staying up to date on **NATICK 2030+** progress and events.

Learn more about NATICK 2030+ and add your name to the mailing list at:
www.natick2030.com



**Stop by to see us at
Natick Days!**



organic farm



All programs take place at the Natick Community Organic Farm. All registration takes place online at www.natickfarm.org. Current NCOF Members automatically save 20% on program fees, receive discounts on admission to events like our Harvest Dinner on 9/22, and have priority sign up for Thanksgiving turkeys. Join online at www.natickfarm.org

For Preschool-Aged Kids

BARNYARD BUDDIES (ages 3-7 with a caregiver)

Come down to the Farm and wake the animals up. Help the Farm feed and water the animals and gather eggs. For additional sessions, see www.natickfarm.org

01	Sun	Sep 17	9:00-10:30 am	\$25/\$21
02	Sun	Oct 1	9:00-10:30 am	\$25/\$21

CHICKEN AND EGG (ages 3-5)

Meet a chicken. We will learn what they really love to eat and feed them. If we're quiet, we can hold one. Then we'll hunt for eggs in the nesting boxes.

01	Wed	Oct 11	9:30-10:30 am	\$17/\$14
02	Wed	Oct 25	9:30-10:30 am	\$17/\$14

CHORE TIME (ages 3-5)

Come down to the Farm and wake up the animals. Help the farmers feed and water and gather the eggs. For additional sessions, see www.natickfarm.org

01	Mon	Sep 11-Oct 2	9:00-10:00 am	\$68/\$56
02	Tue	Sep 5-Sep 26	9:00-10:00 am	\$68/\$56
03	Thu	Sep 7-Oct 5	9:00-10:00 am	\$68/\$56

FALL FARM CRAFTS (ages 3-5)

Let's explore the Farm and forest in beautiful fall and create crafts from natural and recycled materials. Creations may include wreaths, leaf mobiles, or herbal bouquets.

01	Mon	Oct 16-Nov 6	10:30-11:30 am	\$68/\$56
02	Mon	Oct 16-Nov 6	1:30-2:30 pm	\$68/\$56

FARM ACTIVITIES (ages 3-5)

Fall is busy on the Farm, there's so much you can help harvest, preserve, decorate and enjoy!

01	Mon	Sep 11-Oct 2	10:30-11:30 am	\$68/\$56
02	Mon	Sep 11-Oct 2	1:30-2:30 pm	\$68/\$56

FARM AND FOREST FUN WITH OUR WEE ONES (ages 1-2 with a caregiver)

Join us at the Farm for a sensory experience with your infant or toddler. Lead by a Farm teacher, you will either spend time in the forest or at the farm. We will explore the woods, or introduce our wee ones to the Farm animals.

01	Fri	Sep 8-Sep 29	1:30-2:30 pm	\$68/\$56
02	Fri	Oct 6-Oct 27	1:30-2:30 pm	\$68/\$56
03	Fri	Nov 3-Dec 1	1:30-2:30 pm	\$68/\$56

HOP WITH THE BUNNIES (ages 3-5)

Spend some time learning about these warm, fuzzy little creatures. Learn how they live in the wild and how we care for them at home.

01	Wed	Oct 4	9:30-10:30 am	\$17/\$14
02	Wed	Oct 18	9:30-10:30 am	\$17/\$14

LITTLE HANDS IN THE SOIL (ages 3-5)

We are looking for little hands to help us take care of our gardens. We will harvest, mulch and put the garden to bed, just like big gardeners. Maybe we'll hide some bulbs in the ground to surprise the Farmers in the spring.

01	Wed	Sep 6-27	10:30-11:30 am	\$68/\$56
02	Wed	Sep 6-27	1:30-2:30 pm	\$68/\$56

OUTDOOR EXPLORE AND PLAY (1.5-3.5 with a caregiver)

Join our dynamic playgroup which focuses on outdoor free-play and exploration, community building and connection to the natural world. For additional sessions, see www.natickfarm.org

01	Mon	Sep 11-Oct 2	3:00-4:00 pm	\$68/\$56
02	Mon	Oct 16-Nov 6	3:00-4:00 pm	\$68/\$56
03	Mon	Nov 13-Dec 4	3:00-4:00 pm	\$68/\$56



organic farm

For School-Aged Kids

AFTERSCHOOL FARMERS (grades K-4)

This program will involve students in our everyday Farm operations, from animal chores to harvesting, to putting our gardens to bed. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "notes" section of the online registration if your child is from Memorial. No program on Natick holidays and Early Release days. For additional sessions and extended day, see www.natickfarm.org

01A	Mon	Sep 11-Nov 6	3:15-4:45 pm	\$204/\$168
02A	Tue	Sep 5-Oct 24	3:15-4:45 pm	\$204/\$168
03A	Thu	Sep 7-Nov 2	3:15-4:45 pm	\$204/\$168

AFTERSCHOOL IN THE WOODS (grades k-4)

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff. No program on Natick holidays and Early Release Days. For extended day, see www.natickfarm.org

01A	Wed	Sep 6-Nov 29	3:15-4:45 pm	\$204/\$168
02A	Wed	Dec 13-Feb 28	3:15-4:45 pm	\$204/\$168

CHICKEN TIME (ages 5-7)

Meet a chicken and learn what they really love to eat and feed them ourselves. Maybe if we're quiet, we can hold a chicken. Then we'll hunt for eggs in the nesting boxes.

01	Wed	Sep 27	3:30-4:30 pm	\$17/\$14
02	Wed	Nov 8	3:30-4:30 pm	\$17/\$14

FARMING FOR HOMESCHOOLERS (ages 5-10)

Throughout the 2017/2018 school year we will offer a Tuesday and Thursday morning for homeschoolers at the Farm. Each morning children will be involved in our everyday Farm operations, from animal chores to harvesting, to putting our gardens to bed. Over the course of the year children will get a deep insight into all aspects on a Farm. This is a drop-off program.

01	Tue	Sep 5-Dec 19	9:00 am-12:00 pm	\$768/\$672
02	Thu	Sep 7-Dec 21	9:00 am-12:00pm	\$672/\$588

FARMING FOR HOMESCHOOLERS (ages 11-14)

This opportunity for middle-school-aged youth is all about working together to solve problems creatively and to contribute meaningfully to the Farm's mission. These intrepid students participate in every aspect of the farming seasons, from harvesting in the fall, to sugaring in the winter, to planting in the spring. Join us in growing people while growing food!

01	Mon	Sep 11-Dec 18	8:30 am-2:30 pm	\$1,120/\$980
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(No classes on Sep 4, Oct 9)

ONLY BUNNIES (ages 5-10)

Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions about these furry critters answered.

01	Wed	Oct 18	3:30-4:30 pm	\$17/\$14
02	Wed	Nov 15	3:30-4:30 pm	\$17/\$14

YOUTH WORK EXPERIENCE (grades 5-8)

We are inviting middle-school students to join Farm staff after school to take care of the animals and help with maintenance. During the months of Sep, Oct, and Nov, students will be involved in harvesting and putting the gardens to bed. www.natickfarm.org for more information



For Adults

SOAP MAKING 101 (ages 14+)

Come and discover how soap is made. Learn about different carrier oils, essential oils, and other soap ingredients, along with safety guidelines for working with lye. All materials and equipment provided. Each participant will take home close to a pound of natural handmade soap, just in time for holiday gift-giving! Taught by Melissa Probst, professional soap maker, at NCOF. To register, please call or email Melissa at 508-904-9246; sweetsuds@zoho.com

01	Sat	Nov 11	1:00-5:00 pm	\$65 includes materials
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NCOF HARVEST DINNER

Fri. Sept 22 5:00-9:00 pm

Wellesley College Club

NCOF's fabulous, all-local feast and silent auction.

Proceeds benefit the NCOF teen programs.

Make reservations at www.natickfarm.org

morse institute library

FRIENDS OF THE LIBRARY BOOK AND BAKE SALE

All proceeds will benefit the Friends of the Morse Institute Library as they support library services like the museum passes, Speed Read collections, and adult, teen & children's programs

Sat Sep 16 9:30 am-4:30 pm Sun Sep 17 12:00-3:00 pm

PRESCHOOL FILM FEST

Join Miss Susan for 30-minute film programs for preschool children. No registration required.

Mondays Sep 18, Oct 2, Oct 30, Nov 6, Nov 20 10:30-11:00 am

NATICK REPAIR CAFE

The Natick Repair meets once a month to gather, share our repair successes and failures, spread the word on repair, and help each other fix our stuff!

Wednesdays Sep 27, Oct 25, Nov 29 7:00-8:30 pm

TEEN MINECRAFT

Play Minecraft on the library's server! REGISTRATION IS REQUIRED.

PARENTS: Game content will include a mix of Creative & Survival Mode, including Player vs. Player (fighting/weapons).

Thu Oct 6 3:00-4:15 pm

MORSE INSTITUTE LIBRARY STITCHERS

The MIL Stitchers is a service-oriented knitting and crocheting group meeting one Saturday a month and working collaboratively to create handmade items for various nonprofit organizations.

Sat Oct 7 and Sat Nov 4 11:00-1:00 pm

HAUNTED BOSTON HARBOR

Author Sam Baltrusis will be speaking about his book, "Haunted Boston Harbor." Baltrusis is an author and paranormal expert and a sought-after lecturer who speaks at dozens of paranormal-related events throughout New England.

Tue Oct 10 7:00 pm

PERFECTLY POTTER ESCAPE ROOM

Join the Morse Institute Library for an escape room event. A dark wizard created her first Horcrux and it is your job as an Auror to find and destroy it. Open to Adults and Teens. Registration details and session times will be available at morseinstitute.org on Sept. 21.

Thu Oct 12 Fri Oct 13 Sat Oct 14

HEALTH MATTERS—FILM AND PANEL DISCUSSION: RESILIENCE

The documentary Resilience delves into the science of Adverse Childhood Experiences (ACEs) and explores a new movement to treat and prevent toxic stress in children. Screening followed by a panel discussion with local experts. Light supper will be served.

Mon Oct 16 6:00 pm

FIELD TRIP TO WALDEN WOODS

Celebrate the birth of Henry David Thoreau with a private tour of Thoreau's Library with Walden Woods Project's Jeffrey S. Cramer, followed by a visit to Walden Pond. The event is free but attendees will need to pay \$8/car for parking. Register for this event at the library

Sun Oct 29 1:30-4:30 PM

MENTALIST PRESTON HELLER

Preston Heller will not tell you what a mentalist does, he'll show you! Attendees are encouraged to bring canned or dry goods for A Place to Turn Food Pantry. This program is 100% family friendly but is recommended for ages 12 and up.

Wed Nov 1 7:00-8:30 pm

PASTEL PAINT THE \$45,000,000 FLOWER WITH GREG MAICHACK

This two-hour pastel painting workshop is ideal for all participants, beginning and experienced artists alike. Students will produce their own rendition of Georgia O'Keeffe's elegant Jimson flower. All materials will be provided. Space is limited, and registration is required.

Thu Nov 2 6:00-8:00 pm

USING ANCESTRY.COM TO RESEARCH YOUR FAMILY HISTORY

Learn how to use this research tool to delve into your family history. This session is for beginning genealogists. Registration required.

Wed Nov 8 7:00 pm

CONCERT: "KISS THE BOYS GOODBYE: THE MUSIC OF WWII"

Melding entertainment, education, and musical artistry, Beth Canterbury, vocalist and Matthew Larson, pianist, invite you into the sounds and stories of WWII.

Sun Nov 12 3:00 pm

HEALTH MATTERS—FILM AND PANEL DISCUSSION: THANK YOU FOR YOUR SERVICE

Examining the failed mental health policies within the U.S. military and their tragic consequences. Film screening followed by a panel discussion with local experts. Light supper will be served.

Mon Nov 13 6:00 pm

BROADMOOR CHAMBER SINGERS WINTER CONCERT

We are excited to welcome back the local Broadmoor Chamber Singers for their annual winter concert!

Sat Dec 2 3:00 pm

NATIONAL NOVEL WRITING MONTH AT THE MORSE

Are you ready to write 50,000 words in 30 days? NaNoWriMo Kickoff: Coffee with Heidi Pitlor, author of *The Daylight Marriage*.

Sat Dec 2 2:00 pm

Write-in, featuring Laura Woollett, author of *Big Top Burning*.

Thu Nov 9 7:00-9:00 pm

Write-In, featuring published NaNoWriMo author Jennifer S. Brown.

Sat Nov 18 11:00 am-1:00 pm

NaNoWriMo Wrap-up Party.

Thu Nov 30 7:00-9:00 pm

CAREER WORKSHOPS

Gary Gekow, Senior Employment Specialist with 25 years of recruiting experience in the Boston staffing industry, will be offering a series of workshops for job seekers. Sign up for sessions individual.

Resume Writing, Wed Sep 6 6:30-8:00 pm

The Importance of LinkedIn, Wed Sep 20 6:30-8:00 pm

Cover Letters and Thank You Letters, Wed Oct 4 6:30-8:00 pm

Interview Prep I, Wed Nov 1 6:30-8:00 pm

Interview Prep II, Wed Nov 15 6:30-8:00 pm

REGULAR EVENTS – SEPT-NOV 2017

STORYTIME

Tue, Wed and Fri 10:00-11:00 am Free

FRENCH CONVERSATION CLUB

First and Third Sat of the Month, 9:15-10:15 am Free

DOG TALES

Fourth Fri of the Month 10:00-11:00 am Free

FRIENDS OF BFL MEETING.

Second Tue of the Month 7:15 pm Free

READ TO A DOG

Registration is required. Please call (508) 653-6730 or register online.

Second Sat of the Month 9:30-10:30 am Free

YOGA ON THE LAWN (weather permitting, inside otherwise)

Registration is required, Space is limited (for inside). Please call (508) 653-6730 or register online.

Sat 11:00-11:45 am Free

MOMMY & ME MOVE IT!

Mon 10:00-10:30 am Free

KNIT/CROCHET GROUP

Second Tue of the Month 6:00 pm Free

BOOK CLUBS

ADULT GENERAL BOOK CLUB

Fourth Tue of the Month 7:00-8:00 pm Free

COOKBOOK CLUB

Fourth Sat of the Month 1 2:00-1:00 pm Free

ENVIRONMENTAL BOOK CLUB

First Tue of the Month 7:00-8:00 pm Free

COMIC BOOK CLUB

Second Thu of the Month 7:00-8:00 pm Free

“GULP FICTION” 20-30 SOMETHING BOOK CLUB

Third Thu of the Month 6:30-8:30 pm Drinks are Dutch

HISTORY BOOK CLUB

Third Tue of the Month 1:00-2:00 pm Free

MYSTERY BOOK CLUB

First Thu of the Month 1:00-2:00 pm Free

BOOK BUFFET: JR & SR EDITION

Fourth Tue of the Month 4:00 -4:30 pm Free

SPECIAL EVENTS

SEPTEMBER

KITE MAKING WORKSHOP

Registration is required. Please call (508) 653-6730 or register online.

Tue Sep 5 4:00-5:00 pm Free

JERRY THORNTON: HISTORY OF THE NEW ENGLAND PATRIOTS

We're thrilled to welcome author & Radio Personality Jerry Thornton to the BFL! He will discuss his book, From Darkness To Dynasty: The First 40 Years of the New England Patriots.

Wed Sep 13 7:00-8:00 pm Free

ENVIRONMENTAL BOOK CLUB FIELD TRIP TO ELM BANK GARDENS

Registration is required. Please call (508) 653-6730 or register online.

Sat Sep 16 1:30 pm \$10 (adults)

AUTHOR VISIT: BEN COES

We're excited to welcome author Ben Coes to the Bacon Free Library! Ben Coes is the New York Times bestselling author of international political and espionage thrillers.

Tue Sep 19 7:00 pm Free

MR. VINNY'S PUPPET SHOW

This is a great puppet show performed by Vinny Lovegrove of The Toe Jam Puppet Band! With the audience's help, Vinny and his puppets will tell silly stories that are so funny you will be rolling in the aisles!

Wed Sep 27 3:00 pm Free

READING WITHOUT WALLS BOOK CLUB

Led by award winning author and well known diversity advocate, Suzanne Brockmann, we'll be reading and discussing *Under Rose-Tainted Skies* by Louise Gornall.

Wed Sep 27 7:00 pm Free

FRIENDS OF THE BFL COFFEE TIME MEET AND GREET

Ever wondered what our Friends do to make the Bacon Free Library so wonderful? Well, come and meet some of our Friends to ask all the questions you may have. We'd love for you to become an active member of the Friends!

Sat Sep 30 10:00 am Free (adults)

OCTOBER

ARTISTS FRIENDS OF THE BFL RECEPTION

Come celebrate our newest art display -10 Artists who have created a very special exhibit at the BFL which will remain up for a year! We'll have art, food and friends!

Sun Oct 1 5:00-7:00 pm Free

bacon free library

LITTLE FREE LIBRARY CRAWL

From 1-4pm, travel Natick visiting 5 Little Free Libraries Take pictures of yourself with each one – post it on social media, tagging the library, if you'd like. Start at any one of them but try to end up at the BFL at 4pm for the reception. Do a matching game!

Sun Oct 15 1:00-4:00 pm Free

LITTLE FREE LIBRARY RECEPTION

Come celebrate with us at the BFL! We'll have refreshments, you can meet some of the artists, you can chat with folks from the 6 different sites and there will be prizes for crawlers who went to at least 5 of the LFL sites.

Sun Oct 15 4:00-5:30 pm Free

STORIES AND SONGS OF NEW ENGLAND WITH DAVIS BATES

Entitled Halloween Harvest, this program will include traditional and contemporary folk songs and stories from New England and around the world.

Tue Oct 17 7:00-8:00 pm Free

KIDS AUTHOR VISIT: DAVID A. KELLY

Celebrate the beginning of the World Series (on Oct. 24th) with David A. Kelly, author of the *Ballpark Mysteries*!

Wed Oct 18 2:00 pm Free

MAKE AND TAKE: YOUR OWN BASEBALL

The BFL and Natick Historical Society are teaming up for kids of all ages to make their very own baseballs! Have your very own baseball for the beginning of the 2017 World Series – it may bring your team luck.

Wed Oct 18 3:00 pm Free

BROWN BAG LUNCH: AUTHOR & FENG SHUI EXPERT KERRI MILLER

Kerri Miller is an Author, Speaker, and the Founder of Feng Shui Pathways. She's passionate about sharing the benefits of Feng Shui with others so they can be empowered to create spaces that feel better and flow better.

Sat Oct 21 12:00-1:00 pm Free

SWAG BAG ONLINE AUCTION-ROMANCE EDITION!

Bid on winning "swag" from some of your favorite romance authors!

Sun Oct 22 8:00 pm - Sun Oct 29 8:00 pm

MINDFULNESS WITH MARTHA

Get an overview of proven methods from the science of Positive Psychology to improve your overall sense of well-being.

Mon Oct 16 12:00-1:30 pm Free

MAKE AND TAKE: SPOOKY TREES

What can you make out of a paper bag and some ingenuity? A spooky tree, that's what! Kids are welcome to drop in and make their very own tree(s) to take home and be the envy of all their friends.

Fri Oct 27 3:00-5:00 pm Free



AFTERNOON TEA WITH AUTHOR SONALI DEV

We are thrilled to welcome best selling author Sonali Dev to the Bacon Free Library for an afternoon tea! Sonali will be discussing her all of her awesome books which feature Indian themes and situations.

Sat Oct 28 2:00-3:00 pm Free

FIELD TRIP TO WALDEN WOODS

Registration is required, space is limited. Check our website for details

Celebrate 200 years of Henry David Thoreau with this special event! We'll tour the Walden Library and then have a guided walk around Walden Pond.

Sun Oct 29 1:30-4:30 pm \$8 parking (adults)

NOVEMBER

MENTALIST PRESTON HELLER @ MORSE INSTITUTE LIBRARY

Meet us at the Morse Institute Library for this special event. Preston Heller will not tell you what a mentalist does. He will show you! Attendees are encouraged to bring canned or dry goods for A Place to Turn Food Pantry.

Wed Nov 1 7:00 pm Free

HAMILTON TRIVIA CONTEST

Hamilton Throwdown: Are you a Hamilton fan who knows every word to "Guns and Ships," or just listening to the award-winning musical for the first time? Hamilton fans will gather at the library to answer trivia questions, play games and enjoy the music.

Registration is required, space is limited. Please call (508) 653-6730 or register online.

Wed Nov 8 7:00 pm Free (adults)

MAKE & TAKE CORNUCOPIA & CANDY TURKEY

Get ready for Thanksgiving with these fun kids creations.

Wed Nov 15 2:00 pm Free

CONVERSATION WITH ROMANCE AUTHORS LORETTA CHASE AND CAROLINE LINDEN

Icon Loretta Chase and acclaimed author Caroline Linden will be having a fun conversation about the foibles of being a romance writer. We'll also be celebrating the book birthday of Loretta's latest release *A Duke in Shining Armor*!

Wed Nov 29 7:00 pm Free

VOLUNTEERING

Volunteering for the Council on Aging is easier than ever! If you are interested in becoming a COA volunteer you just go to www.myvolunteerpage.com and search for "Natick". You will be brought to our new volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer.

TRANSPORTATION VOLUNTEERS

Volunteers are needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally as well as in Boston. Drivers have the opportunity to meet and get to know many new people while providing a much needed service. This opportunity allows for a flexible schedule, and drivers use their own car to drive people to destinations to which they are comfortable. Drivers can also opt to drive our MWRTA sponsored van or electric vehicle. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts.

If you have any questions, please e-mail kedwards@natickma.org or call the Community-Senior Center at 508-647-6540 for more information.

FALL LEAF RAKING: VOLUNTEERS NEEDED!

Volunteers are needed for fall leaf raking in November. This leaf raking project is designed to help Natick seniors who are no longer able to rake leaves in their yards during the fall. This project is a great way to get Natick youth teams, boy scouts, girl scouts and other organizations involved in our community. We are looking for individual volunteers and groups of volunteers to help us rake as many yards as possible on weekends starting this November. If interested in volunteering, please go to: www.myvolunteerpage.com, search for Natick and then select leaf raking as your interest to complete the application. If you have any questions, please contact Ken at 508-647-6540 or email kcolon@natickma.org.

YOUTH BASKETBALL COACHES NEEDED (winter)

Recreation and Parks is in need of volunteer coaches. If anyone is interested in Coaching, please contact the main office at 508-647-6530 and provide name, address, email and best phone number or you can email Dan Keefe at dkeefe@natickma.org with the same information. We will either email or mail a Coaches packet for you to fill out and get back to us.

VOLUNTEER AT THE FARM

Spend time helping at one of the region's most beautiful and oldest nonprofit farms. Volunteers are needed for all kinds of outdoor, seasonal work including harvesting, mulching, raking, maple syrup collection, animal care, and more. Training provided. The Farm welcomes adults, high schoolers with community service hours or internships, college students, families with children age 12+, and Eagle or Gold Award Scout projects. Mon-Thur, Sep-Jun, 9:00 am-4:30 pm Email or call christine@natickfarm.org; 508-907-6019.

TRANSPORTATION PROGRAM

The Natick Connector is a convenient, secure and accessible transportation service for seniors and disabled residents. **We are now operating Monday-Friday from 9am-4pm and in addition to our 12 passenger van, we also use a smaller SUV type vehicle.** The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick, and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. The cost for a one-way trip is \$2; round trip is \$4. Cash is not accepted on-board; call the MWRTA to set up an account from which the fare is deducted. To register for the service and set up your accounts, please call the Call Center at **508-820-4650** and tell them you want to set up an account with the *Natick Connector*. Please call two business days before you need a ride. Contact Jack or Rich with questions or comments at connector@natickma.org or phone number: 508-647-6540 x1901.

JUST A REMINDER

Just a reminder that people with handicap placards are free to park anywhere in the CSC parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only. Please be advised that there is NO PARKING in the striped spaces. These spaces allow for those in a wheelchair additional room to get in and out of their vehicles. Parking in these spots is subject to at \$250 fine.

TAXI COUPONS

Natick Council on Aging has a taxi coupon program with local taxis for seniors and residents with disabilities who are unable to access other transportation resources. The intent of this program is to assist in paying the taxi fare, not to pay the total fare. Taxi coupons are assigned, are non-transferable, have no cash-back value and expire at the end of the fiscal year. For additional information, go to www.natickma.org.

WEATHER CANCELLATION POLICY

The Department of Community Services programming may be cancelled due to inclement weather. If Schools are closed, all morning and afternoon Recreation programs will be canceled. Decisions for evening programs will be made after 3:00 pm.

If schools are on a delayed open or early close, please call the recreation office for final decision on programming. Call the Recreation and Parks line at 508-647-6530 or check the recreation website at www.natickma.gov/recreation.





fall trips

FALL TRIPS

AAA COLLETTE TRAVEL PREFERRED VACATIONS FOR 2018

Join Vinny Brown, representative from Collette Preferred Vacations to learn about highlighted trips:

Spotlight on South Dakota- Departs June 8, 2018. Visit Mount Rushmore, Needles Highway, Pine Ridge Indian Reservation (site of the Wounded Knee Massacre), Badlands National Park and more. \$50 early booking discount per person.

Shades of Ireland- Departs Sep 8, 2018. Visit Dublin, Kilkenny, Killarney, Limerick, Galway, Kingscourt and more. \$150 early booking discount per person.

Collette Worldwide Travel Guide Booklets will be available. Collette travel offers a professionally planned itinerary, 4-star hotel accommodations, a professional tour manager, local guides, all inclusive trips with optional excursions that you may add on as well as travel protection. Anyone who attends this information session will receive a \$50 discount off your trip. Make your dreams come true with a Collette vacation!

Wed	Oct 11	2:30 pm	free
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LOCAL TRIPS ON THE CONNECTOR BUS:

Bus fee is non-refundable \$4 payable in advance for each trip. Bus departs from the Community-Senior Center. Pre-registration required; pay at the CSC or online at Community Pass. *Please note: all return times are approximates.*

WATERWORKS MUSEUM

Ever wonder where your water comes from? Before you say "from the tap," think again. It had to get to the tap from somewhere. But where? And how? We tell some important regional stories about clean water, health, people, brilliant engineers, and magnificent architecture and how Boston grew to be the city it is today.

Wed	Sep 13	10:30 am-1:30 pm	\$7 admission with tour
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LOUISA MAY ALCOTT'S ORCHARD HOUSE

The Alcott family settled at Orchard House sited on an apple orchard, where they lived from 1858 to 1877. The house is most noted for being where Louisa May Alcott wrote and set her beloved classic, *Little Women*, in 1868 at a "shelf desk" her father built especially for her. A guided tour of Orchard House introduces visitors both to objects which were important to the family and to the family members themselves.

Wed	Oct 18	9:30 am	\$12 non-refundable
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registration fee includes: bus transportation, museum admission and tour.

WRENTHAM OUTLETS

SHOPPING! Maybe Holiday shopping? Wrentham Village Premium Outlets is New England's largest outdoor outlet shopping center, featuring over 170 exciting brand name stores & eateries in one location. Ranging from high end luxury stores to family friendly children's clothing stores. Brand name stores offering savings.

Wed	Nov 8	9:30 am
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UPCOMING DAY TRIPS WITH FOX BUS TOURS & NATICK CSC

Please call for information or come by the CSC, 117 East Central St, 508-647-6540. All trips are non-refundable; \$10 trip insurance is available; pay directly to Fox Tours. *Please note: all weekday trips will be leaving from and returning to Fisk United Memorial Church on 106 Walnut Street, Natick.*

SCALLOP FESTIVAL, BOURNE, MA AND JFK MUSEUM IN HYANNIS

Enjoy the fun with music, exhibits, crafts, a great lunch of fresh scallops or chicken and a visit to the JFK Museum in Hyannis.

Fri	Sep 22	8:30 am-5:30 pm	\$79
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TURKEY TRAIN

Depart at 8:30 am for scenic NH fall foliage. All aboard the Scenic Railroad Dining Car as you travel through bucolic woods enjoying a full course Hart's Turkey Farm Roast turkey dinner with all the fixin's.

Fri	Oct 20	8:30 am-5:30 pm	\$79
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NYC, 9-11 MUSEUM AND MEMORIAL

A timed admission to the powerful 9/11 Museum as you explore the events on this day in our recent past. You may also explore the 9/11 Memorial outside dedicated to all those who lost their lives in the terrorist attacks and located where the original World Trade Center Towers stood. Lunch is on your own and we'll also visit Rockefeller Center. We'll have a coffee stop along the way going to NYC and returning home will stop for dinner. *Please note: This trip leaves from and returns to the CSC.*

Sat	Nov 4	6:30 am-10:30 pm	\$99
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BOSTON HOLIDAY POPS

Depart 11:00 am for a 4:00 pm matinee performance of the Holiday Boston Pops at historic Symphony Hall with first balcony seats, all decked out for the holidays. We'll first lunch at Venezia restaurant (choice of chicken parmigiano, baked haddock, steak tips or pasta primavera) overlooking Boston Harbor, drive by holiday decorations in downtown Boston. **Date TBA, call for info.**



Class starts
September 13, 2017

For application and information, visit: natickma.gov/community_services

citizens leadership academy

“The academy
delivered.”

It's great seeing
everyone working
for the good
of the town.”

The academy is designed to enhance citizen understanding of town government operations and for municipal leaders and citizens to learn from one another through conversation.

Classes are held on Wednesday evenings from 6:30-9pm at various locations around town. All sessions are facilitated by town staff who will provide learning experiences that are interactive, interesting, and informative.

Community Education and Resources

Community Services Department
Town of Natick
117 East Central Street
Natick, MA 01760

PRSR STD
U.S. POSTAGE
PAID
NATICK, MA 01760
PERMIT #35

Postal Patron
Natick, MA 01760



The Journey

Living with Loss After a Passing from Substance Use

Mission Statement

We are a group of individuals who have been impacted by the loss of a loved one who misused substances. Parent, sibling, spouse, child, friend; we have lost someone we love. We offer support and a safe place to talk or to just be with others who also have begun the Journey of living with our loss.

Fall 2017 Meeting Schedule

Meetings take place every other Wednesday evening, 7:00-8:30 PM at
the Natick Community Senior Center.

September 6th & 20th

October 4th & 18th

November 1st, 15th, & 29th

Join The Journey's private Facebook group at
<https://m.facebook.com/The-Journey-Living-with-Loss-236706520165202>.

Supporting Our Addicts' Recovery



Natick based
support group
for those with
a loved one
suffering
from
Substance Use
Disorder

We listen.

We support.

Bi-weekly
meetings at
Morse Institute
Library
14 East Central St.
Natick

For meeting dates and other information:

SOARNatick.org

and on Facebook at SOAR Natick



Recreation and Parks • Council On Aging • Human Services
Natick Community Organic Farm • Veterans' Services